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TV&Satellite week

6-12 August 2016

Rio2016

SPECIAL

THE ULTIMATE OLYMPICS GUIDE

» Star interviews » Daily highlights » Easy-to-use listings » A-Z planner

PLUS

BIG AUTUMN PREVIEW

POLDARK
Aidan Turner sets pulses racing

THE GRAND TOUR
Clarkson and the boys are back!

THE FALL
Gillian Anderson's gripping thriller

COLD FEET
A welcome return for the Nineties hit

HotList The pick of the

Saturday 6

The Good Dinosaur

FAMILY ANIMATION *Sky Premiere HD, 12.45pm & 6.15pm*

Another Pixar classic imagines a world where dinosaurs still exist, and pairs an adventurous young Apatosaurus with a feral human child. *See films, page 20*

Royal Pains

MEDICAL DRAMA *Universal HD, 5pm/ Universal+1, 6pm*

After the failed proposal to Charlotte, Hank opts to get back in the dating game, but things take an unusual turn. Meanwhile Divya gets alarming news.

Cambridge Folk Festival

MUSIC *Sky Arts HD, 9pm*

Highlights from the annual event at Cherry Hinton Hall, with an eclectic line-up including KT Tunstall, Imelda May, Christy Moore, Gogol Bordello and Kate Rusby. Concludes tomorrow.

Sunday 7

West Ham United v Juventus

FOOTBALL *BT Sport 2 HD, kick-off 1pm*

West Ham host the European giants for a friendly, doubling as a christening for their new home, the Olympic Stadium they inherited after the London 2012 Games.

Leicester City v Manchester United

FOOTBALL *BT Sport 2 HD, kick-off 4pm*

Wembley hosts the Community Shield, the curtain-raiser to the new season, with Jose Mourinho at the helm for United and new players on both teams.

The Perfect Guy

THRILLER *Sky Premiere HD, 10pm*

Sanaa Lathan, Morris Chestnut and Michael Ealy star in a *Fatal Attraction*-style chiller about a seemingly flawless boyfriend who slowly reveals his psychotic tendencies. *See films, page 21*

Monday 8

Eden

REALITY *Channel 4 HD, 9pm/ Channel 4+1, 10pm*

LAST ONE! As the current run ends, the onset of Spring inspires the group to turn to building, but one person is sowing seeds of discord.

Tyrant

DRAMA *FOX HD, 9pm/FOX+1, 10pm*

The Good Wife's Chris Noth takes on another masterful role as a US general drafted in to advise President Bassam on military matters, who has a complicated history with Jamal's wife Leila.

Brief Encounters

DRAMA *ITV HD, 9pm/ITV+1, 10pm*

LAST ONE! Steph arranges a ladies' night at a nightclub, but with Nita due to give birth and Pauline struggling with the truth about Johnny, the evening takes an eventful turn...

Tuesday 9

First Dates

REALITY *Channel 4 HD, 10pm/ Channel 4+1, 11pm*

The series returns, with singletons in search of love including 24-year-old Irishman Damian, who has Tourette's, and 79-year-old history student Joe.

The Bastard Executioner

DRAMA *History HD, 10pm/ History+1, 11pm*

True Blood's Stephen Moyer shows his dastardly side as the ruthless baronial advisor Corbett, who has his suspicions about Wilkin. *See feature, page 14*

Dice

DRAMA *Sky Atlantic HD, 10.10pm/ Sky Atlantic+1, 11.10pm*

A semi-autobiographical comedy following outlandish 1980s comedian Andrew Dice Clay's attempts to resurrect his washed-out career.

OLYMPIC HIGHLIGHTS

Rio2016

Saturday

As Rio welcomes the world, the first gold medal of the 2016 Olympic Games will be awarded in the women's 10m air rifle. The judo also gets underway with Team GB's Commonwealth champion **Ashley McKenzie** competing in the men's 60kg. Team GB are also in action in the men's cycling road race and the swimming with a good chance of netting gold.

Sunday

The first diving medals will be handed out in the women's synchro 3m springboard final. Then the women's cycling road race sees 2012 silver medallist **Lizzie Armitstead**, supported by **Emma Pooley**, ride a shorter version of the men's course. Tonight in the pool there's the prospect of an epic battle in the men's 100m breaststroke final.

Lizzie Armitstead

Monday

The gymnastics starts today with the men's team all-round final. In the diving, **Tom Daley** and **Dan Goodfellow** join forces for the men's 10m platform synchro final, while it's the final of the women's rugby sevens. Tonight's swimming finals feature the women's 100m backstroke and 100m breaststroke, and the men's 200m freestyle and 100m backstroke.

Tom Daley & Dan Goodfellow

Tuesday

Britain's three-time eventing medallist **William Fox-Pitt** has recovered from a bad fall and induced coma last year to compete at a fifth Olympics, and will be in the jumping finale in the team eventing and individual finals. **Alice Schlesinger** is in the women's 63kg in judo, after switching from Israel to Britain. And the USA women are firm favourites for the all-round team gold in gymnastics.

Full listings start on p33 | Full listings start on p43 | Full listings start on p53 | Full listings start on p63

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week at a glance

Wednesday 10

Inside CERN

DOCUMENTARY *BBC2 HD, 8pm*

A *Horizon* special reports on the latest from the Large Hadron Collider, as the scientists pursue their search for that elusive particle which they hope will shed a whole new light on the universe.

Britain's Benefit Tenants

DOCUMENTARY *Channel 4 HD, 9pm/ Channel 4+1, 10pm*

The fly-on-the-wall series returns following specialist agencies dealing with the soaring demand for social housing and the inevitable tensions that arise.

Long Lost Family

DOCUMENTARY *ITV HD, 9pm/ ITV+1, 10pm*

The team meet 45-year-old David, in search of his biological father, and 48-year-old Mandy, who wants to find the mother who gave her up for adoption.

Thursday 11

The Supervet: Bionic Specials

DOCUMENTARY *Channel 4 HD, 8pm/ Channel 4+1, 9pm*

Pioneering vet Noel Fitzpatrick reveals the science behind his cutting-edge procedures. *See feature, page 19*

The Americans

DRAMA *ITV Encore HD, 9pm/ ITV Encore+1, 10pm*

LAST ONE! With the FBI seemingly having William in custody, Elizabeth and Philip are jittery – is it time to start planning their exit strategy?

The John Deere Classic

GOLF *Sky Sports 4 HD, 10pm*

With several of the world's top golfers having pulled out of the Olympics, the Illinois tournament should see some major players, including past winners Zach Johnson and Steve Stricker.

Friday 12

Pan

FANTASY DRAMA *Sky Premiere HD, 2.30pm & 8pm/Sky Premiere+1, 3.30pm & 9pm*

Hugh Jackman is gloriously flamboyant as villainous Blackbeard in a reimagining of the Peter Pan tale. *See films, page 21*

Say Yes to the Dress: UK

REALITY *TLC HD, 9pm/TLC+1, 10pm*

Royal designer David Emanuel fronts the UK version of the series, working with bridal consultants in Essex to find the perfect gown for even the most demanding client. *See feature, page 14*

The Get Down

DRAMA *Netflix*

Baz Luhrmann celebrates the birth of hip-hop in 1970s New York through the eyes of budding young MC Ezekiel and would-be disco star Mylene in a stylish drama series. *See feature, page 16*

Wednesday

Two rowing gold medals will be decided today, in the men's quadruple sculls, where Germany are World and Olympic champions, and the women's quadruple sculls which sees the USA start as favourites. In cycling, the men's and women's time trials feature Team GB's **Chris Froome** racing over 54.5km and **Emma Pooley** racing over 29.8km. Britain's only female weightlifter at the Games, **Rebekah Tiler**, competes in the women's 69kg.

Chris Froome

Thursday

Masters champion **Danny Willett** and **Justin Rose** launch Britain's golf challenge in the first round of the men's competition. Elsewhere, **David Florence** gets a second shot at a medal in the men's slalom canoe double, with partner **Richard Hounslow**. Over at the velodrome, it's the start of the track cycling, with Team GB looking for a repeat of its domination in 2012 which brought them eight golds.

Katarina Johnson-Thompson

Friday

Team GB look strong for gold in the women's pair rowing finals, where **Helen Glover** and **Heather Stanning** have been unbeatable since winning four years ago. The first day of track and field sees 42-year-old **Jo Pavey** aiming for the women's 10,000m final. There's also the women's shot put final and the highly anticipated first day of heptathlon featuring **Jessica Ennis-Hill** and **Katarina Johnson-Thompson**.

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■ Full listings start on **p83**

■ Full listings start on **p93**

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BBC OLYMPICS CHANNELS FINDER

There will be eight extra Olympics Red Button channels on screen.

SKY/VIRGIN

CHANNEL	SKY	VIRGIN
Red Button 1	472/480	561/571
Red Button 2	473/481	562/572
Red Button 3	474/482	563/573
Red Button 4	475/483	564/574
Red Button 5	476/484	565/575
Red Button 6	477/485	566/576
Red Button 7	478/486	567/577
Red Button 8	479/487	568/578

FREEVIEW/FREESAT

CHANNEL	FREEVIEW	FREESAT
Red Button 1	601/608	261/271
Red Button 2	602	262/272
Red Button 3	603	263/273
Red Button 4	604	264/274
Red Button 5	605	265/275
Red Button 6	606	266/276
Red Button 7	607	267/277
Red Button 8	600	268/278

There will be an additional 24 digital feeds accessible on the BBC website, via the BBC app, and on smart TVs.

All transmission details given are correct at the time of going to press. Cover credits: Amazon Prime Video, PA, Getty HotList words: Heather Ford, Richard McClure. HotList photos: PA, Rex

Your unmissable guide to the very best new TV coming up this autumn

Autumn

Aidan Turner rides again as the dashing Ross Poldark

Poldark

BBC1 SEPTEMBER

The torrid 18th-century drama is back for a second 10-part series, which finds Ross Poldark (Aidan Turner) on trial for his life, thanks to the machinations of his nemesis George Warleggan (Jack Farthing). Can Ross's plucky wife Demelza (Eleanor Tomlinson) save him?

'Ross and Demelza have just lost their child, they're broke and it looks like he's going to prison,' says Turner. 'It's a cheery beginning! But this series is huge.'

John Nettles joins the cast as wealthy landowner Ray Penvenen and *W1A*'s Hugh Skinner is Unwin Trevaunance, an aspiring MP.

Hooten and The Lady

SKY1 SEPTEMBER

There's a real *Romancing the Stone* vibe about this fun, action-packed drama, which follows adventurer Hooten, played by *Love Soup*'s Michael Landes, and smart historian Lady Alexandra, played by *W1A*'s Ophelia Lovibond, as they hunt down lost artefacts across the globe.

Jane Seymour co-stars as Alexandra's glamorous mother Lady Tabitha and *W1A*'s Jessica Hynes also features. 'Lady Tabitha would certainly be first on the invite list to any dinner party,' says Seymour.

Ophelia Lovibond and Michael Landes as Lady Alexandra and Hooten

preview

John Thomson, James Nesbitt, Fay Ripley, Hermione Norris and Robert Bathurst

Cold Feet

ITV SEPTEMBER

After nearly 13 years away from our screens, the comedy drama is back and the tight-knit group of friends are now older but perhaps no wiser.

The Manchester-set series picks up as charmer Adam (James Nesbitt) is reunited with old pals Pete (John Thomson), Jenny (Fay Ripley), Karen (Hermione Norris) and David (Robert Bathurst). There will also be a nod to Adam's wife Rachel (Helen Baxendale), who was killed in a car accident in the last series. 'To be without her has been sad, but we wanted to get a little tribute to her in the first episode,' reveals Nesbitt.

Tim Roth and Samantha Morton as John and Ethel Christie

Rillington Place

BBC1 NOVEMBER

Tim Roth stars as real-life serial killer John Christie, who strangled at least eight women at his flat in London's Notting Hill in the 1940s and 1950s.

Samantha Morton stars as his wife Ethel, who was among his victims, while *The Village*'s Nico Mirallegro plays their neighbour Timothy Evans, who was hanged for some of Christie's crimes.

Jenna Coleman as the young Queen Victoria

Victoria

ITV SEPTEMBER

Jenna Coleman stars as Queen Victoria in this epic drama which opens with her accession in 1837, and follows her courtship and marriage to Prince Albert (Tom Hughes) in 1840. It also sees her develop a close relationship with her first Prime Minister, Lord Melbourne (Rufus Sewell).

'Victoria is a strong, inspirational and utterly fascinating woman in British history,' says Coleman.

Gillian Anderson and Jamie Dornan as Gibson and Spector

The Fall

BBC2 SEPTEMBER

The third and final series will see dogged detective Stella Gibson (Gillian Anderson) and serial killer Paul Spector (Jamie Dornan) endure one last 'obsessive dance of death'.

The second series finale saw a badly injured Spector lying bleeding in the arms of Gibson after he was shot. But the first pictures from series three suggest that Spector is dangerously back to rude health…

May, Clarkson and Hammond hit the road

The Grand Tour

AMAZON PRIME VIDEO SEPTEMBER/OCTOBER

Following a big money deal, former *Top Gear* presenters Jeremy Clarkson, James May and Richard Hammond bring their new motoring show to the streaming service.

So far, most of the show is shrouded in secrecy, though episodes will be filmed at different locations across the world, including South Africa, Italy and the UK. And don't worry that the cheeky trio will be toning down their antics – a teaser clip showed the petrolheads surveying a battered Range Rover off-roader that they 'broke' during filming.

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Sam Neill and Max Irons

Tutankhamun

ITV LATE AUGUST

The discovery of the Egyptian boy king's magnificent tomb is the subject of this lavish drama. Filmed in South Africa, standing in for the Valley of the Kings, the four-part drama stars Max Irons as British archaeologist Howard Carter, who is hired by eccentric aristocrat Lord Carnarvon (Sam Neill) to find the Pharaoh's final resting place.

As his benefactor becomes increasingly frustrated with his lack of progress, the solitary Carter convinces him to fund one last dig…

The Level

ITV SEPTEMBER

Philip Glenister stars as drugs trafficker Frank Le Saux, who's being secretly protected from the law by Detective Sergeant Nancy Devlin (Karla Crome), whom he's known since she was a child.

However, Devlin finds herself at the centre of an investigation, which puts her at risk of exposure and sees her stalked by a killer intent on destroying her. Who can she trust?

Philip Glenister plays a drug smuggler in The Level

Robbie Coltrane with Andrea Riseborough and Julie Walters

National Treasure

CHANNEL 4 OCTOBER

Harry Potter stars Robbie Coltrane and Julie Walters join forces on a very different project when they appear in this topical drama about a much-loved public figure who is accused of historical sexual offences.

The four-part drama sees Coltrane play Paul Finchley, one half of a much-loved comedy double act, whose life – and marriage to wife Marie (Walters) – begins to unravel when he is faced with an accusation of rape from the 1970s.

How will the allegations affect the couple's troubled daughter Dee (Andrea Riseborough)?

ALSO NEW…

Class

BBC3 Online
October/November

This *Doctor Who* spin-off is set in Coal Hill school – which has a long history in the Time Lord's adventures – where a group of sixth-formers become aware of a terrifying dark force.

Katherine Kelly (far right) joins the young cast in what has been described as 'a British *Buffy*'.

The Missing

BBC1
October/ November

Expect plenty of epic twists as the sensational thriller returns with a fresh story that sees David Morrissey and Keeley Hawes joining the cast as soldier Sam and his wife Gemma, whose young daughter Alice disappeared in Germany in 2003.

However, when a young woman turns up in 2014, could she be the missing girl? Tchéky Karyo reprises his role as dogged cop Julien Baptiste (above) – and look out, too, for Roger Allam and Laura Fraser.

Dark Angel

ITV November

***Downton Abbey*'s Joanne Froggatt (below) plays real-life Victorian serial killer Mary Ann Cotton in this chilling period piece.**

A two-part drama, it explores how Cotton poisoned countless members of her own family in the north-east of England and stayed undetected for many years. Alun Armstrong co-stars.

WORDS: CAREN CLARK, DAVID HOLLINGSWORTH, RICHARD MCCLURE AND IAN MACEWAN. PHOTOS: ITV, REX

OLYMPICS SPECIAL

As the **Rio Olympics** explodes into action, don't miss a moment with our ultimate **A-Z guide...**

A CARNIVAL OF...

Nicola Adams defends her boxing title

A is for... Nicola Adams

The flyweight became the first woman ever to win gold in Olympic boxing when the sport was opened up to female fighters at London 2012. The Leeds-based star, 33, is the reigning Olympic, World, European and Commonwealth champion, and her winning streak looks set to continue in Rio. She is one of two women named in Team GB's 12-strong squad, with British men qualifying in all 10 weight divisions.

Nicola, are you ready to defend your Olympic title? Yes, I know what to expect from the Games this time. I'm a lot more experienced and I feel like more of an all-round athlete. Gold in Rio is just as important as winning the first time, in fact it's the thought of winning a double gold that keeps me going. Obviously we've never had a double Olympic champion in women's boxing. I'd love to be able to make history again.

How intense is your training in the run-up to Rio? We're training as if it's any other tournament, and I treat it like a job. I always start with a run at 7am, and then a sausage – it's the breakfast of champions! – then weights and conditioning, with boxing sessions in the evenings. This year's world championships were good for me, because I know where I stand with all the other boxers and what I need to work on for Rio.

Lining up a knockout blow

How has life changed since London 2012? I'm still the same, but I get to go to some cool events and it's a lot easier to get funding now; my mum used to pay for everything. My family is over the moon with what I've achieved and it's nice to be able to give back to them – I bought my brother a house. I'm quite grounded and down to earth, though – I keep my gold medal in a safe.

WHEN TO SEE HER Women's boxing starts on Friday; the women's flyweight final is on 20 August.

LIVE SPORT
Olympics: Rio 2016
From Saturday, BBC1 HD, BBC4 HD & Red Button

Flying Dutchwoman Marleen van Iersel

B is for... Beach Volleyball

Get ready for sun, sand and samba. A hit at London 2012, this year's contest will be held on Copacabana beach (where else?) where a 12,000-seat stadium has been built. Sadly, there are no Brits to cheer on; Brazil, Italy and the USA all have strong teams.

WHEN TO SEE IT Starts Saturday; women's final, 17 August; men's final, 18 August.

C is for... Cycling

From Chris Froome on the road to Laura Trott on the track, Team GB has an embarrassment of riches in cycling. After his victory in the 2012 time trial, Bradley Wiggins, 36, switches to the men's team pursuit, knowing one more medal will take him past Chris Hoy, with whom he shares the UK record of seven Olympic medals.

Says Olympic champion Victoria Pendleton: 'Having Bradley back is awesome. He is an enigma, a maverick, and also a thoroughly nice family guy. It blows me away how much talent is crammed into that tall lean body.'

WHEN TO SEE IT Men's road race, Saturday; women's road race, Sunday. Track cycling starts Thursday; men's team pursuit final, Friday.

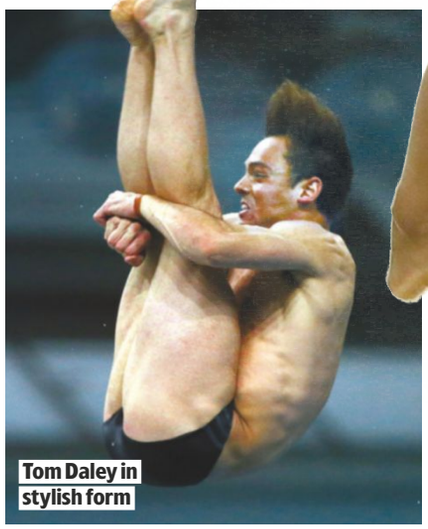
SPORT

D is for... Diving

The poster boy for British diving, Tom Daley, competes at his third Olympics, having made his debut aged 14 at the 2008 Games in Beijing. He has two chances of a medal in Rio, beginning with the 10m platform synchronised alongside Dan Goodfellow.

Look out, too, for Jack Laugher and Chris Mears in the 3m springboard synchronised after the duo won European gold in May.

WHEN TO SEE IT Starts Sunday; the men's 10m platform synchronised final, Monday; the men's 3m springboard synchronised final, Wednesday.



Tom Daley in stylish form

G is for... Gymnastics

Team GB has never won an Olympic gold medal in gymnastics, but a strong squad including London 2012 silver medallist Louis Smith and World champion Max Whitlock (see W is for Whitlock) could change that.

However, the star of the Rio Olympics looks set to be Simone Biles (above), the pint-sized American who is three-times reigning individual all-round World champion and reigning World champion in both the floor exercise and balance beam.

WHEN TO SEE IT Starts on Saturday.

Helen Glover and Heather Stanning pull together

E is for... Jessica Ennis-Hill

After that unforgettable Super Saturday in London, Team GB golden girl Jessica Ennis-Hill, now aged 30, is back to defend her Olympic crown, having since added the 2015 World title to her list of achievements. In a battle of the hyphenated surnames, her biggest rivals looks set to be Canada's Brianne Theisen-Eaton and British team-mate Katarina Johnson-Thompson.

WHEN TO SEE HER Heptathlon starts on Friday with the 100m hurdles, high jump, shot put, 200m. It finishes on 13 August with long jump, javelin, 800m.

Jessica Ennis-Hill, Britain's golden girl

H is for... Helen & Heather

Team GB topped the rowing medal table in 2012, and Helen Glover and Heather Stanning lead another talented British squad in Rio.

Competing in the women's pair, the duo have not lost a race in more than four years – though their partnership was briefly broken up in 2013 as army officer Stanning completed a six-month tour of Afghanistan – and are reigning Olympic, World and European champions. The only crew that might rattle the British is the young New Zealand line-up of Kerri Gowler and Grace Prendergast, who came second in the Worlds.

WHEN TO SEE THEM Rowing events start on Saturday; women's pair final, Friday.

WORDS: RICHARD MCCLURE AND EMMA BULLIMORE. PHOTOS: PA

Sir Bradley Wiggins goes for gold... again

F is for... David Florence

Having had to settle for silver in both Beijing and London, this could be the Scottish slalom canoeist's final chance of gold. He goes in the singles and doubles with Richard Hounslow.

WHEN TO SEE HIM Canoeing starts Sunday; men's slalom canoe single final, Tuesday; men's slalom canoe double final, Thursday.

David Florence tackles the wild waters

Turn page for more 2016 Rio Olympics >>>

Swimming legend Michael Phelps

I is for... Icon

The most decorated Olympian in history is US swimmer Michael Phelps. The 31-year-old 18-time gold medallist (he has 22 medals in total) retired after London 2012 before returning to the pool in 2014, and is now the first American male swimmer to compete at five Olympic Games.

WHEN TO SEE HIM Phelps will swim in several of the events, including the men's 200m butterfly on Tuesday.

Stella McCartney with Team GB competitors

K is for... Kit

After creating Team GB's London 2012 wear, designer Stella McCartney has joined with Adidas to create the 2016 kit.

The outfits have been designed with Rio's heat and humidity in mind and are on average 10 per cent lighter than in 2012, hopefully to allow the athletes to go faster than before.

J is for... Judo

Team GB's judokas picked up two medals in London, and this time Commonwealth champion Natalie Powell is our best chance for success in Rio in the women's 78kg. Powell is the first Welsh female judoka to compete in the Olympics.

WHEN TO SEE IT Starts on Saturday; women's 78kg final is on Thursday.

Natalie Powell (white) takes charge

L is for... Live Coverage

There will be more than 3000 hours of Olympics live coverage across the BBC, including 550 hours of coverage on BBC1 and BBC4 plus extensive red button. The four-hour time difference between Rio and the UK means live action starts at 1pm here and will run until 3am daily, with BBC Breakfast showing highlights of the night's action from 6am.

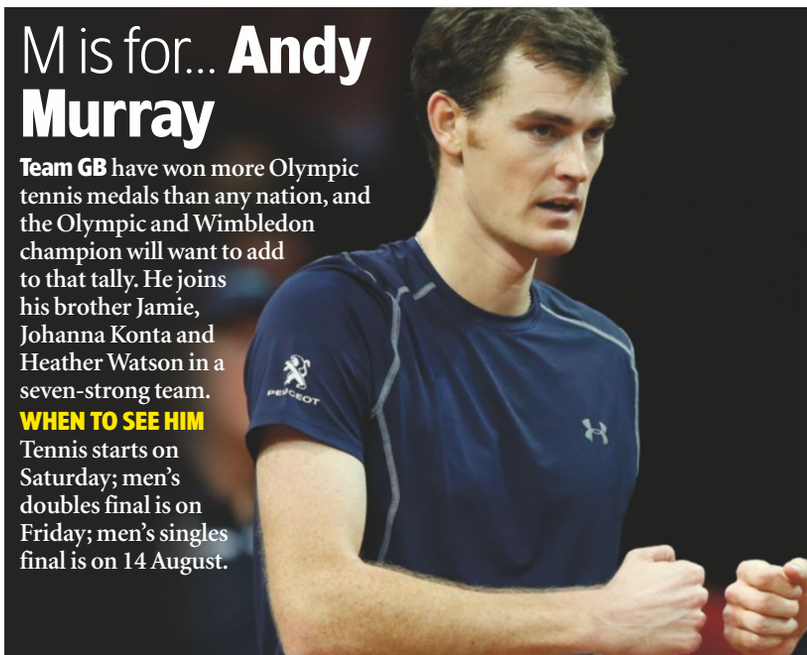
Clare Balding, Hazel Irvine and Gabby Logan are among the presenters, with support from Olympic heroes Steve Redgrave and Michael Johnson.

Presenter Clare Balding with colleagues Gabby Logan and Hazel Irvine

M is for... Andy Murray

Team GB have won more Olympic tennis medals than any nation, and the Olympic and Wimbledon champion will want to add to that tally. He joins his brother Jamie, Johanna Konta and Heather Watson in a seven-strong team.

WHEN TO SEE HIM Tennis starts on Saturday; men's doubles final is on Friday; men's singles final is on 14 August.



O is for... Oldest

In a sport dominated by teen prodigies, spare a thought for Uzbekistan's Oksana Chusovitina, who will appear in her seventh Olympics at the age of 41 – making her the oldest Olympic female gymnast in history.

WHEN TO SEE HER Women's gymnastics starts on Sunday.

Uzbekistan's Oksana Chusovitina

Charley Hull

N is for... New Sports

Rugby sevens makes its Olympic debut this year with eyes on men's favourites Fiji as the Pacific Islanders seek their country's first-ever Olympic medal. Meanwhile, golf is back for the first time since 1904 with GB's Justin Rose and Masters champion Danny Willett, and women Charley Hull and Catriona Matthew braving the Reserva de Marapendi course.

WHEN TO SEE THEM Women's rugby starts Saturday, final Monday; men's Tuesday; final, Thursday. Men's golf runs from Thursday to 14 August; women's golf runs from 17-20 August.

Team GB skipper Tom Mitchell

Adam Peaty (above, and inset) will be going for gold

P is for... Adam Peaty

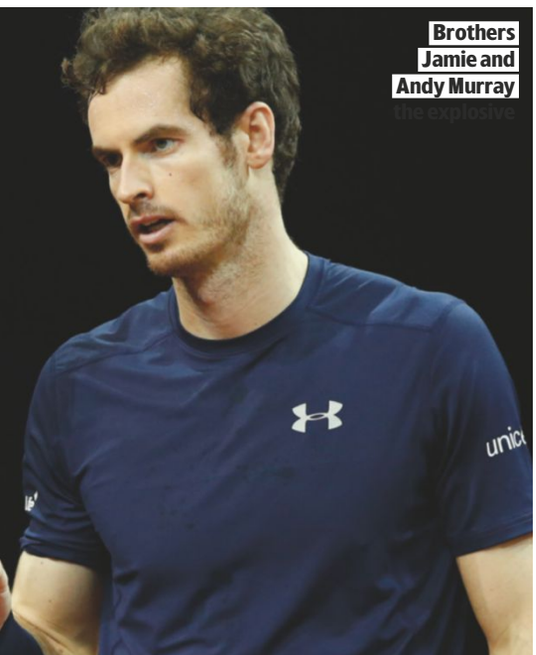
After the disappointment of London 2012 when Team GB won one silver and two bronze, British swimming has rebounded strongly with a record medal haul at the 2015 World Championships. Among our best chances is 100m breaststroke World champion Adam Peaty, who'll be up against Team GB rival Ross Murdoch. We asked 21-year-old Peaty about his chances…

You are making your Olympic debut in Rio. How does it feel? I remember London 2012 when I was 17. One night I was about to go out and get drunk in a field or something stupid like that, when I suddenly thought, 'What am I doing with my life?' From then on, I watched all the Olympics and said to myself that I would make the next one. That was my defining moment, to stop messing about and get my head down.

Do you feel under pressure to bring back a gold medal from the Rio Olympics? Pressure doesn't exist. It's an artificial thing – it's a cloud that some people choose to carry and some choose to shove away. I choose to shove it away. It is something that I have never really understood. I have never really felt pressure.

What are your ambitions in the pool? I'd like to be one of the fastest in the world ever. That's where my motivation comes from every day. I always wanted that world record and, thankfully, I have it now. It's nowhere near my best, though. Nowhere near.

WHEN TO SEE HIM Men's 100m breaststroke final is on Sunday.



Brothers Jamie and Andy Murray

Q is for... Quickest

The fastest object at the Rio Olympics won't be Usain Bolt, but a badminton shuttlecock, which has been clocked at more than 200mph in competition. The sport is dominated by the Chinese, while Team GB's world number seven pairing Chris and Gabby Adcock are our best chances of success in the mixed doubles.

WHEN TO SEE IT Badminton starts Thursday.

Team GB's Chris and Gabby Adcock

PHOTOS: PA, REX

Turn page for more 2016 Rio Olympics »»

Judo competitor Yolande Mabika

R is for... Refugees

A team of refugees will compete at this year's Olympics for the first time in the history of the Games. Ten athletes have been selected for the Refugee Olympic Athletes team, competing under the Olympic flag – two judokas from the Democratic Republic of the Congo, one Ethiopian marathon runner, two Syrian swimmers, and five runners from South Sudan.

Team GB's Jo Pavey keeps on running

T is for... 10,000m

The track events begin on Friday, with the first medals being awarded in the women's 10,000m. At the age of 42, Jo Pavey will make history in the event when she becomes the first British track athlete to compete in five Olympic Games. She'll be up against double Olympic champion Tirunesh Dibaba of Ethiopia, who is attempting to become the first athlete to win three gold medals over the distance.

WHEN TO SEE IT Women's 10,000m final, Friday.

U is for... Undefeated

With one Olympic gold and nine World titles to her name, US swimmer Katie Ledecky is undefeated in all major international competitions. In Rio, the 19-year-old is favourite to win all four of her events. Former Olympic star Rebecca Adlington says: 'Katie won the 800m freestyle gold in 2012 at just 15. In the 200m, 400m and 800m, she is so far ahead that her opponents will be fighting to get silver.'

WHEN TO SEE HER Ledecky's first individual event is likely to be the women's 400m freestyle final on Sunday.

Swimming sensation Katie Ledecky

New Zealand's Valerie Adams

S is for... Shot Put

The first field medals will be decided at the Olympic Stadium on Friday in the women's shot put. Valerie Adams, already considered among New Zealand's greatest Olympians, is seeking to become the first Kiwi woman to claim three Olympic golds after success in Beijing and London.

WHEN TO SEE IT Women's shot put final is on Friday.

V is for... Valegro

Double Olympic champion Charlotte Dujardin says her horse Valegro will retire after the Rio Olympics at the age of 14. The duo won individual and team dressage gold for Great Britain at the London 2012 Olympics, and have since won World and European titles, making them firm favourites for more success in Brazil. 'This will be Valegro's last Olympics so I want to go out there and I want to enjoy every last minute,' says Dujardin. 'I'm really excited heading towards Rio. Riding Valegro always makes you smile.'

WHEN TO SEE THEM Team dressage final is on Friday; individual dressage final is on Monday 15 August.

'This will be Valegro's last Olympics so I want to enjoy every last minute'

CHARLOTTE DUJARDIN

W is for... Max Whitlock

Max Whitlock, right, and showing his strength on the rings

Often overshadowed by his more famous teammate, Louis Smith, Whitlock is now a force to be reckoned with. After a bronze on the pommel horse at London 2012, he beat Smith to a historic gold at the 2015 World Championships, becoming the first British man ever to top a gymnastics podium. No wonder Whitlock, 23, is quietly confident.

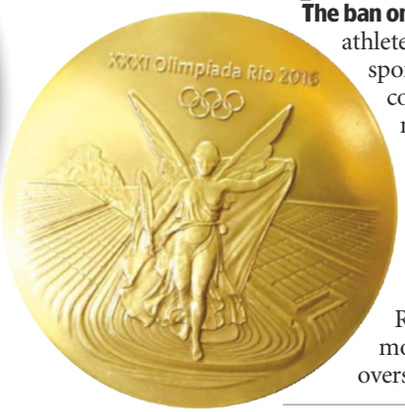
Is this the best gymnastics team Britain has sent to the Olympics? It is definitely a strong team. Last year we beat our rivals China at the World Championships, which is unheard of, and we've recently scored a new personal best. It's been so hard for the selectors to pick this team, but it's really exciting to know what we're potentially capable of. I can't wait.

How does it feel to have one of your biggest rivals, Louis Smith, in your own team? It's actually really helpful for both of us; we bounce off each other in training and it pushes everybody to work harder. My build-up has been really good, so I'm going to Rio with a lot of confidence. I don't like to think about the medals; I just need to go for it and perform a clean routine.

How does this compare to the London 2012 Olympics? It's very different. I was only 19 at the last Olympic Games and nobody expected me to produce any results; I was just there to enjoy it. Four years later we are expected to get medals as a team and as individuals. So there is more pressure, but what comes with that is a lot more support.

WHEN TO SEE HIM Men's team all-around final is on Monday; the men's pommel horse final is on Sunday 14 August.

X is for... Expectations



The ban on most Russian athletes for state-sponsored doping could mean more medals for Team GB. After winning a record 65 medals in 2012, Team GB has now been set a minimum target of 48 medals – making Rio potentially their most successful overseas Olympics.

Charlotte Dujardin and Valegro

Amber Hill aims for gold

PHOTOS: AP, PA, REX

Y is for... Youth

Among the Team GB teenagers making their Olympics debut is 18-year-old shooter Amber Hill, who competes in the women's skeet. 'Every competition I enter, I go in to win and I feel I can win gold at Rio,' says European champion Hill, a trained beautician who has marketed her own pink cartridges.

WHEN TO SEE HER Shooting starts on Saturday; the women's skeet final is on Friday.

Z is for... Zika

Concerns about the mosquito-borne virus, which has been linked to serious defects in newborn babies, has led several of the world's top golfers to pull out of the Rio Olympics, including Jason Day and Rory McIlroy, while Olympic champion long jumper Greg Rutherford has had his sperm frozen as a precaution.

Greg Rutherford has taken steps against Zika

Turn to page 28 for Olympic Planner »»»

Beware the *Bridezillas*

David Emanuel hosts the UK version of the addictive US hit Say Yes to the Dress

Princess Diana in her 1981 wedding dress

NEW REALITY

Say Yes to the Dress: UK
Friday, TLC HD, 9pm

TV&Satellite Week has landed slap bang in reality TV heaven. We're at bridal shop Confetti & Lace at the classy end of Essex's Lakeside shopping centre, watching filming for a UK makeover of brilliantly bitchy US hit *Say Yes to the Dress*.

The series, which follows brides as they shop for their dream dress, will be just as flamboyant as its American counterpart, with the same entourages of stubborn mothers and rude bridesmaids giving their verdicts on gowns.

They're joined by the designer of the most famous wedding dress of all time, David Emanuel, who wowed the world with Princess Diana's showstopper back in 1981 and now hosts the TLC series.

EXQUISITE TASTE

Emanuel, 63, admits the series has tested his patience. 'The brides come in with such set ideas. They'll be adamant they want a fishtail dress but they've never tried one on. We don't have fisticuffs but I gently try to persuade them – and I always win.'

But there's always one bride who can't be helped. 'There was a lady who really wanted a couture service. I said, "Darling, the only way I could get you that dress is to sketch it myself, but you haven't got the budget for it!" Unfortunately, my gowns are expensive because I'm using exquisite fabrics and have very wonderful ladies working for me.'

UNHELPFUL OPINIONS

Often it's not the bride, but her assembled friends and family that are the problem… 'They always have to come in with an entourage. It's like a judging panel out there and the aunt will have a different point of view to the best friend, or the mother wants her daughter to look like she did on her wedding day. It's fascinating but unhelpful.'

Emanuel reveals the British version is kinder than the US original. 'What makes our show different is that not only do I find the dress, I'm also trying to give the bride advice and hints. Hopefully, we bring a little humour to it, too.'

Although Emanuel's usual clientele includes the rich and famous, he prefers the ladies of Lakeside. 'Most actresses I know haven't got a clue, that's why there are so many disasters at the Oscars.

'The worst thing about our brides on *Say Yes to the Dress* is their lack of confidence – it's blown me away. But I can tell when a girl is happy with the dress – her eyes sparkle and I know my work is done.'

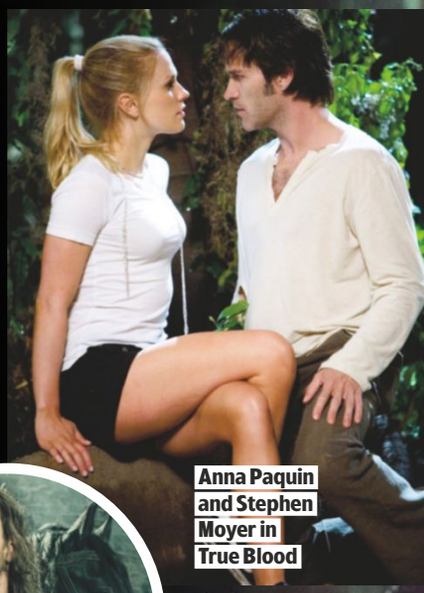
Host David Emanuel with Confetti & Lace's Christine Dando and Gill Levings

Moyer the merrier

Why True Blood vampire **Stephen Moyer** is loving his latest bloodthirsty role as a medieval strategist

PERIOD DRAMA

The Bastard Executioner
Tuesday, History HD, 10pm


Anna Paquin and Stephen Moyer in True Blood

Moving on is never easy – particularly if you happen to be a 170-year-old vampire. As brooding bloodsucker Bill Compton in *True Blood*, British actor Stephen Moyer racked up seven seasons and a huge fan base before the show ended in 2014.

So what does one of the world's most famous ex-vampires do when it's time to put away the fangs? For the Essex-born actor and husband of *True Blood* co-star Anna Paquin, the answer is a role in *The Bastard Executioner*, the medieval drama from *Sons of Anarchy* creator Kurt Sutter.

Lee Jones as Wilkin Brattle

As Moyer explains, he had actually been planning to take a well-earned break after *True Blood*. But when Sutter came calling, he couldn't say no.

'Anna and I were obsessed with *Sons of Anarchy*,' he says. 'Kurt offered us a couple of roles in the last season of *Sons*, but we couldn't make it happen because of our schedules. It was totally the plan to rest for a bit, but when I was offered this new show, I couldn't turn it down.'

REBEL WITH A CAUSE

Moyer plays Milus Corbett, a ruthless baronial advisor in 14th-century Wales. Following the grisly death of his boss at the start of the series, Corbett finds himself in line for power. But this puts him on a collision course with hero Wilkin Brattle (Lee Jones), an ex-knight who has gone undercover as an executioner to track down the soldiers who killed his wife and sacked his village.

'When Brattle turns up in town as an executioner, I know that's not who he really is – but I'm the only person who knows he isn't who he says he is,' says the 46-year-old.

The show has received some flak for its level of violence, though Sutter has rejected the criticism. 'It's a medieval setting,' he explains. 'There are ways to portray that violence that don't make it openly gratuitous.'

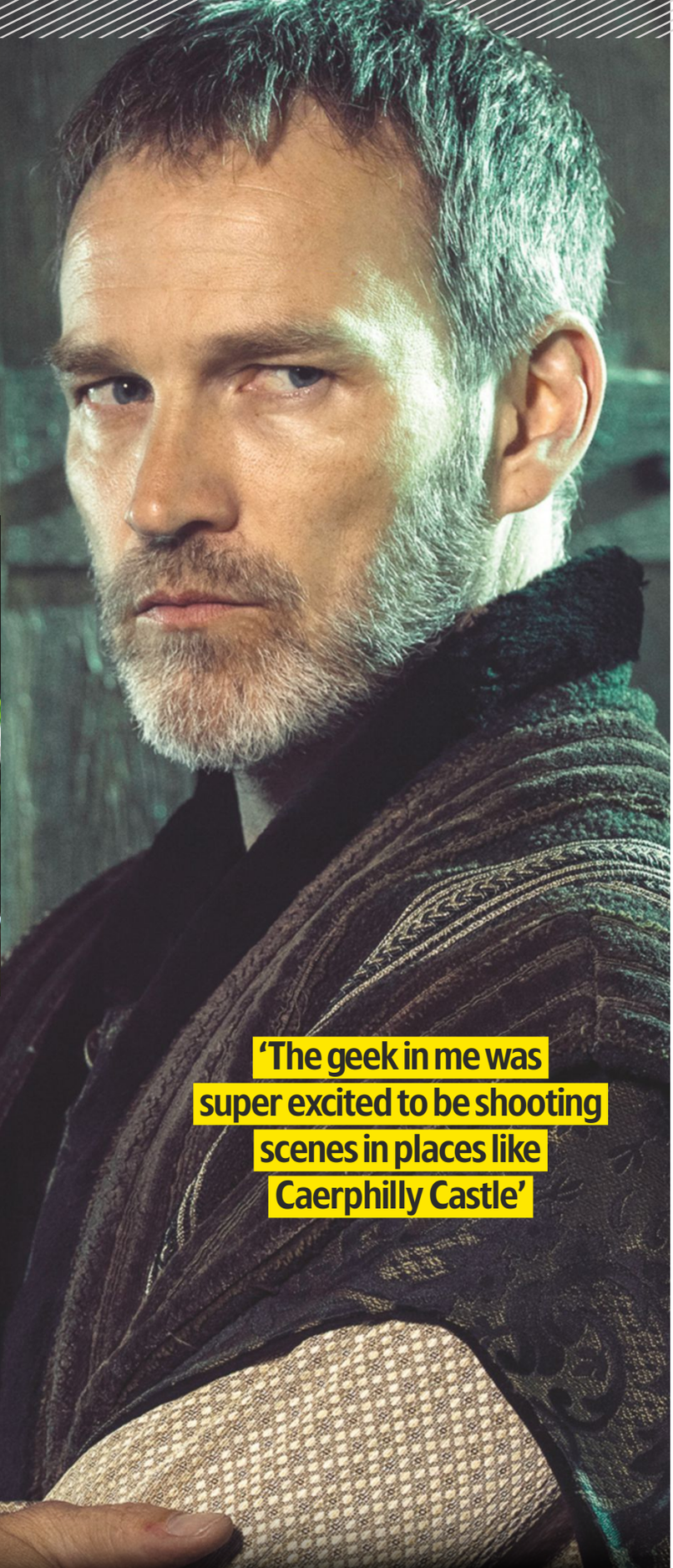
DESTINATION: WALES

Moyer, though, is delighted with the role, partly because it gave him a chance to return to his native UK for filming. He and Paquin now live in Los Angeles with their three-year-old twins Charlie and Poppy, but the family came with him for the shoot.

'We loved our time in Wales, and it was really nice for Anna to get away from Los Angeles and live more simply, in the best possible way,' he says.

'In fact, coming to Wales provoked some serious déjà vu. I was shooting here 20 years ago at the exact same time of year, doing

WORDS: EMMA BULLIMORE, ALISON SLADE AND OLLY GRANT. PHOTOS: PA



'The geek in me was super excited to be shooting scenes in places like Caerphilly Castle'

Prince Valiant – which we don't need to talk about!' he grins.

FANGS FOR THE MEMORY

'The geek in me was super excited to be shooting scenes in places like Caerphilly Castle and St Donat's Castle. My character would have been in those actual castles so there's a beautiful tying-up of historical detail that is amazing to be part of.'

However, there was one historical detail that took Moyer by surprise – the yellowy tooth implants worn for medieval authenticity. 'After wearing fangs for so long, I didn't think I'd come to a show where we were going to have teeth casts,' he laughs.

SOAP DIARY

This week's soaps at a glance

Andy Sugden is in the frame for shooting Lawrence

EMMERDALE

Andy is in court over Lawrence's shooting

» **The incompetent** soap legal system is in full swing, as Andy Sugden goes on trial for shooting Lawrence. The only thing he's guilty of is covering up his magnificent six-pack too much, but Chrissie has set him up in revenge for him getting it on with Bernice.

It doesn't help the salt-of-the-earth farmer that he has dodgy Rakesh 'fighting' his corner. The village firestarter is determined to find out the truth when Andy tells him that he thinks young Lachlan – the real culprit – is hiding something. But Chrissie swiftly shuts him up by revealing she knows he torched Mill Cottage, and promises to buy the doomed property off him if Andy is convicted.

Lawrence and devious Chrissie

It's an offer that bankrupt Rakesh can't afford to turn down, and he advises his client to plead guilty. Chrissie plays the worried girlfriend to perfection, as a hopeless Andy waits to hear his fate. Can anyone save him from jail?

» **PLUS** Pierce steps up his war with Rakesh, David visits Tracy's dad in prison, Rhona gets an anniversary card from Paddy, and Bailey encourages Belle to go to the doctor.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Aidan (right) sleeps with Maria, Nick wants Leanne back, Phelan tries to soft soap Sally for a favour, Beth's hiding something from Craig, Izzy returns home from prison and Gail thinks Michael still likes Eileen.

EASTENDERS

» Grant (right) opens up to Sharon, then seduces another lady, Ben and Jay rely on each other, Carmel has a proposition for Masood, Belinda opens her salon, and Patrick thinks Dot has a thing for him.

whatsontv.co.uk/soaps

RAFFER'S delight

Director **Baz Luhrmann** celebrates the birth of hip-hop in a must-see new series on Netflix

It's a (w)rap: Grandmaster Flash and Baz Luhrmann

NEW MUSICAL DRAMA

The Get Down

Friday, Netflix

Australian Baz Luhrmann has a reputation for creating some of cinema's most vibrant and stylish movies, from *Strictly Ballroom* and *Romeo + Juliet* to *Moulin Rouge!* and *The Great Gatsby*.

Now the 53-year-old director brings his trademark exuberance and lavish set-pieces to the small screen in his first TV series, *The Get Down*, with the first six episodes available on Netflix from Friday.

Set in 1977, the series explores the birth of hip-hop in the South Bronx, when a new breed of DJs, MCs, rappers and graffiti artists created a cultural phenomenon that changed the worlds of music and fashion.

CHAOS AND CREATIVITY

It's a story told through the eyes of Ezekiel (Justice Smith), a poetry-loving student and budding MC. He falls in love with local girl Mylene (Herizen Guardiola), whose own dreams of becoming a disco star are thwarted by her strict father, the head of the local pentecostal church.

The drama is played out against the poverty-stricken, nearly bankrupt New York of the 1970s, as the city's youth turn to music and dancing to escape the prevailing gun crime and urban blight.

'New York was everything to me when I was a teenager; I loved things like *Saturday Night Fever*,' says Luhrmann. 'I wondered how all that creativity came out of a city that was on its knees, so broke, so thrown into the dustbin.'

The idea for the series came when Luhrmann went on a hip-hop tour of the Bronx as a tourist.

'In 1977, in an outer borough, all these kids were doing this stuff that would go on to change the world. I thought, "What can I do to get this story told?" It wasn't my story, but I wanted to curate it, so I reached out to the founding fathers of hip-hop to hear their experiences. Everything had to have a factual reference.'

> 'In 1977 all these kids were doing this stuff that would go on to change the world'
> BAZ LUHRMANN

Nicole Kidman and Ewan McGregor in Moulin Rouge!

Among the advisers is Grandmaster Flash, real name Joseph Saddler, who pioneered scratching and other techniques by experimenting with DJ gear in his bedroom – and who's played in the series by Mamoudou Athie.

'Hip-hop became a billion-dollar business, but they didn't do it for money,' adds Luhrmann. 'At the beginning, Flash was sitting in a dark room inventing a new form of music from other records. He had no idea that he would make any money out of it. There was no business plan.'

Early graffiti artists such as John 'Crash' Matos and Chris 'Daze' Ellis were also consulted, while Kurtis Blow helped the young cast with everything from writing rhymes to showing how to hold the microphone while rapping.

'The actors had to be reprogrammed, because their experience of rap was Nineties rap,' grins Luhrmann.

SEVENTIES STYLE

The show's authentic look was created by the director's wife, production designer Catherine Martin, who has worked on his films since they met at college in Sydney.

'It's the first time I've worked on a period when I was actually

WORDS: RICHARD MCCLURE AND JUDY EWENS. PHOTOS: WWW.MYLESARONOWITZ.COM, REX

The Get Down kids create a better, hipper future

alive,' she says. 'But in some ways it was just like a costume drama. For the main characters, we had special clothes copied from vintage Seventies samples. *The Get Down* isn't a documentary, but it was about being as accurate as possible.'

One of the most challenging set-pieces was an underground party scene in the first episode.

'We had around 200 people,' recalls Martin. 'All of them had to be kitted out in vintage T-shirts, jeans and sneakers. We had to cover lots of tattoos and at least half of them were wearing Afro wigs. It was exhausting but exhilarating.'

Q&A JADEN SMITH

The 18-year-old actor – the son of Will Smith and Jada Pinkett Smith – talks about playing fictional graffiti artist Marcus 'Dizzee' Kipling...

What was it like stepping back in time? It took a lot of practice getting into the mindset of 1977 but we were lucky to have lots of people who helped us get it right. Lady Pink helped me out with doing the graffiti and we had Flash educating us on the music.

What do you like most about the show? The music mixed with the dancing, and the spin that Baz has put on things has really inspired me.

What were the biggest challenges? You couldn't use phrases of today, like 'That's lit' or 'That's pop', all the lines had to be authentic. And wearing an Afro over my dreads was probably the hardest thing I did.

Jaden with his famous parents Will and Jada

TV Spy

US dramas round-up

Gabriel is worried for Elizabeth and Philip

The Americans

Thursday, ITV Encore HD, 9pm

Persona Non Grata (13/13) The fourth season of the spy drama comes to a gripping end as the biological weapons storyline reaches its conclusion. William's attempt to hand over the deadly virus to Philip doesn't go according to plan and he pays a high price for the mission's failure. Meanwhile, Gabriel, worried that the FBI could be closing in on Philip and Elizabeth, suggests they return to Russia, and Paige's scheme to seduce Matthew doesn't go down well with her parents.

Shades of Blue

Wednesday, Sky Living HD, 9pm

Equal & Opposite (5/13) Harlee is concerned that Stahl's interest in her borders on obsession and she takes action to find out if her suspicions about her FBI handler are correct. Meanwhile, Tess arrests a drug lord who threatens to reveal the dirt he has on Matt unless he gets his confiscated heroin back.

Harlee needs pest control in Shades of Blue

Chicago PD

Thursday, 5USA, 9pm

Never Forget I Love You (9/23) Shocked fishermen find a woman's head in their haul and after divers locate the rest of her body she is identified as a stripper who has connections to Sergeant Voight's social circle. Elsewhere, Roman makes a serious mistake and Olinsky is upset when Antonio doesn't consult him before making a decision that could affect Michelle's future.

Someone Knows My Name

Sunday, FOX HD, 9pm

Episode 4 (4/6) With war at an end, the slave owners start searching for their escaped slaves in Canvas Town. Among them is Aminata who begins listing the names of the slaves who helped the British during the war so they can be freed to start new lives in Nova Scotia. It seems that Aminata's dream of being a free woman might become a reality at last.

Other US dramas on TV this week

BEAUTY AND THE BEAST *Sunday, W HD, 8pm* Down for the Count (3/13).
BITTEN *Thursday, Syfy HD, 9pm* Ready (13/13).
CONTAINMENT *Wednesday, E4 HD, 9pm* Like a Sheep Among Wolves (5/13).
DEVIOUS MAIDS *Thu, TLC HD, 10pm* Sweeping With the Enemy (4/10).
MISTRESSES *Wednesday, TLC HD, 10pm* Lean In (5/14).
MOTIVE *Sunday, Universal HD, 9pm* The Score (4/13).
MR ROBOT *Thursday, Universal HD, 9pm* eps1.4-3xpl0its.wmv (5/10).
OUTCAST *Tuesday, FOX HD, 10pm* Close to Home (9/10).
ROSEWOOD *Tuesday, Alibi HD, 8pm* Have-Nots & Haematomas (3/22).
ROYAL PAINS *Saturday, Universal HD, 5pm* False Start (2/8).
TYRANT *Mon, FOX HD, 9pm* Cockroach (2/10).
THE VAMPIRE DIARIES *Wednesday, ITV2 HD, 10pm* One Way or Another (18/22).
ZOO *Sunday, Sky1 HD, 9pm* The Walls of Jericho (4/13).

Elena has a pack of troubles in Bitten

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Documentaries

How 3D technology saved the life of **Molly**, a Cavalier King Charles

Professor Noel Fitzpatrick with Molly

Noel has the technology

NEW SCIENCE

The Supervet: Bionic Special

Thursday, Channel 4 HD, 8pm

Professor Noel Fitzpatrick, star of Channel 4's hit documentary series *The Supervet*, gets a spin-off this week with a four-part series that takes an in-depth look at some of his cutting-edge procedures.

As with regular *Supervet* episodes, viewers learn the backstories of the families as their pets go through their 'bionic' operations, some of which have never been attempted in human or animal surgery before.

The series begins with nine-year-old Cavalier King Charles spaniel Molly, who suffers from Chiari malformation and syringomyelia. They are lifelong conditions affecting the brain, spinal cord and protective cerebrospinal fluid that flows around them.

With a tumour invading Molly's skull and pressing on the brain, it was decided that surgical removal was her best option and that a titanium mesh reconstruction of the skull would be necessary.

The surgery proved a success and Professor Fitzpatrick is happy to report that so far Molly shows no signs of pain or tumour recurrence.

'This surgery was a seismic shift of human medicine and veterinary medicine working together,' he says. 'Advances like this should change the world we live in, bringing hope to hundreds of thousands of animals.'

Guitar Star

Tuesday, Sky Arts HD, 8pm

This week's series finale looks back at some of the incredible live performances we've seen during the eight weeks of competition, with previously unseen footage, and culminates at the Latitude Festival, where the overall winner takes to the stage with a full backing band.

Brexit: The Battle for Britain

Monday, BBC2 HD, 9pm

The result of the EU referendum in June took many by surprise and was swiftly followed by political and economic shockwaves. Here, BBC political editor Laura Kuenssberg asks campaigners on both sides why the Leave argument won.

Phil Spencer's Stately Homes

Tuesday, More4 HD, 9pm

The presenter of *Location, Location, Location* visits some of the UK's most magnificent residences to explore our architectural heritage by finding out the historical context in which they were built, and assessing the challenges these grand designs posed for those who built them.

Highlands: Scotland's Wild Heart

Friday, BBC2 HD, 9pm

In episode two of the wildlife series, summer has arrived in the Scottish Highlands, where cameras capture footage of mountain hare leverets, red deer calves, goldeneye ducklings, pine marten kits and the alien-like emerald damselflies, which lurk in a peat pool on Jura.

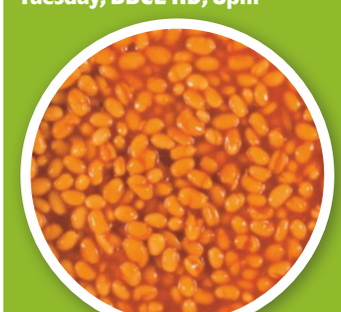
The Mystery of Van Gogh's Ear

Saturday, BBC2 HD, 9pm

It's passed into popular mythology that artist Vincent van Gogh cut off his ear during a spell of severe depression in 1888 before giving it to a young girl. But what is the true story? Jeremy Paxman joins author Bernadette Murphy in her diligent mission to uncover the truth.

DID YOU KNOW?

In the UK we get through more than two million cans of baked beans every day. Gregg Wallace, Cherry Healey and Ruth Goodman explore the production and history of the family favourite in this week's episode of **Inside the Factory, Tuesday, BBC2 HD, 8pm**



WORDS: IAN MACEWAN AND RICHARD MCCLURE. PHOTOS: REX FEATURES

Films This week's

reviewed by **Jason Best**

The Good Dinosaur

A dinosaur and a small boy make unlikely travelling companions in **Pixar's** Jurassic lark

ANIMATED FANTASY

Saturday, Sky Premiere HD, 12.45pm & 6.15pm ★★★★

This playful animated comedy adventure invites us to imagine that the fateful asteroid that killed off the dinosaurs 65 million years ago missed the Earth, allowing evolution to take a different course – and allowing Pixar to give us a Western-type tale of pluck and peril with a young dinosaur as its hero.

Arlo (voiced by Raymond Ochoa) is the runt of an Apatosaurus family of doughty pioneer homesteaders who are busily turning a patch of wilderness into farmland. Unlike his brother and sister, the clumsy and timid Arlo doubts he will ever live up to the expectations of his mother and father (Frances McDormand and Jeffrey Wright), but when events strand him miles from home he must master his fears in order to survive.

Arlo's unexpected companion on the perilous journey is a feral human child he names Spot (Jack Bright), a bristling, bustling creature who scampers about on all fours and howls rather than speaks. The duo meet all manner of hazards along the way, including a gang of scavenger pterodactyls and some buffalo-rustling raptors. The latter encounter brings Arlo and Spot into contact with a cowboy-like Tyrannosaurus rex trio, whose grumpy leader (a wonderful Sam Elliott) provides some of the film's most amusing moments.

PREMIERE OF THE WEEK

There is plenty of slapstick fun to enjoy, too, plus the emotional engagement of Arlo and Spot's growing bond, but the film's most impressive feature is its awesomely beautiful rendering of the natural world – from majestic forests and raging flood waters to the glittering phosphorescence of a field of fireflies. 2015, PG, 101 MIN

It wasn't often that humans and dinosaurs saw eye to eye

STAR RATINGS ★★★★★ Excellent ★★★★ Very good ★★★ Good ★★ Average ★ Poor

NEW RELEASE EVERY DAY

premieres

Plus *turn over for...*
This week's films at a glance p22
Day-by-day guide p24
Pay-per-view highlights p27

Levi was forever telling his companions to grow up

FAMILY ADVENTURE

Pan

Friday, Sky Premiere HD, 2.30pm & 8pm ★★★

Peter Pan gets a steampunk makeover with this boisterous but often bewildering prequel, which starts off by plonking JM Barrie's dashing young hero (Levi Miller) in a grim orphanage in Blitz-era 1940 Lambeth and then has him kidnapped by pirates and whooshed off in a flying ship to Neverland.

There he enjoys a series of scrapes and adventures involving Hugh Jackman's ruthless pirate leader Blackbeard, Rooney Mara's tribal princess Tiger Lily and the young James Hook (Garrett Hedlund), here bearing a full complement of limbs.

Joe Wright directs with exuberant vigour, with airborne dogfights between a pirate galleon and darting Spitfires in the night skies over London, Neverland's captives letting rip with a raucous chorus of Nirvana's *Smells Like Teen Spirit*, and Jackman's preening buccaneer going gleefully over the top, pulling off the feat of being both foppish and scary.

But the story is clunky and too many of its details jar with Barrie's original. The original Hook went to Eton, yet Hedlund's incarnation is an American cowboy. 2015, PG, 111MIN

SCI-FI ADVENTURE

Infini

Monday, Sky Premiere HD, 6am & 9.45pm ★★

A rescue mission to a 23rd-century mining outpost in deep space runs into trouble when the team encounters an alien virus that turns its victims into homicidal maniacs.

This Australian sci-fi thriller boasts a brain-boggling, incomprehensible plot, but its abandoned space station setting is effective, and there are bursts of tolerably exciting action and suspense amid the baffling gobbledegook about teleportation and primordial ooze. 2015, 15, 106MIN

The plot got lost in space

Sanaa's Mr Right was all wrong

THRILLER

The Perfect Guy

Sunday, Sky Premiere HD, 12.40pm & 10pm ★★

Smart, successful and newly single, Sanaa Lathan's Leah has just begun dating Michael Ealy's suave charmer. She hopes he might be Mr Right, but we've already spotted the manic glint in his eye and suspect he'll turn out to be a Major League psycho.

A throwback to the 1990s era of *Fatal Attraction*, this glossy stalker thriller fails to do anything interesting with its set-up, and a misted shower door is as steamy as things get. 2015, 15, 100MIN

CRIME THRILLER

Northwest

Wednesday, Sky Premiere HD, 10pm ★★★

The title of this low-key Danish crime thriller refers to Nordvest, the multicultural district of Copenhagen where two teenage burglar brothers (played by Gustav and Oscar Dyekjaer Giese) get a precarious foothold on the underworld ladder.

Northwest's leafy streets prove surprisingly perilous and, with hand-held cameras to the fore, the film's naturalistic manner makes it feel authentic. Subtitled. 2013, 15, 89MIN

Copenhagen wasn't always so wonderful

Roger wasn't destined for the quiet life

CRIME DRAMA

Sixteen

Tuesday, Sky Premiere HD, 9.20am & 10pm ★★★

Roger Jean Nsengiyumva plays a 16-year-old former child soldier from the Congo now living in London with his adoptive mother, striving to avoid being drawn back into a world of violence after witnessing a murder.

Despite its slow pace, this low-budget British thriller proves both gripping and affecting, thanks to compelling performances from Nsengiyumva and Rachael Stirling. 2013, 15, 79MIN

SPORTS DRAMA

4 Minute Mile

Thursday, Sky Premiere HD, 8am & 6.15pm ★★

Not to be confused with Roger Bannister, the teenage hero of this sporting drama is another of the scrappy underdogs beloved of the genre, this one with an attitude that gets him thrown off the high-school running team.

Kelly Blatz is impressive in the lead and his co-stars – including Kim Basinger – are fine, too, but the hackneyed script hobbles them all. 2014, 15, 96MIN

Kelly was back on track

FilmFinder The best of the w

Family

The Tale of the Princess Kaguya ★★★★

Sunday, Film4 HD, 3.50pm/ Film4+1, 4.50pm

A beautiful animated fable from Studio Ghibli based on a 10th-century Japanese folk tale. 2013, U, 137MIN

Rango ★★★★

Tuesday, Film4 HD, 4.40pm/ Film4+1, 5.40pm

Johnny Depp voices the main character in this animated Western spoof about a pet chameleon who passes himself off as a gunslinger. 2011, PG, 107MIN

Minions ★★★★

Tuesday, Sky Family HD, 6.20pm

Gru's lovable little sidekicks from the *Despicable Me* movies feature in their own adventure, a wacky prequel set in the Swinging Sixties and featuring the voice of Sandra Bullock. 2015, U, 91 MIN

Pan ★★★

Friday, Sky Premiere HD, 2.30pm & 8pm/ Sky Premiere+1, 3.30pm & 9pm

This lively prequel to JM Barrie's *Peter Pan* stars Levi Miller as the Boy Who Wouldn't Grow Up and tells how he came to be in Neverland. 2015, PG, 111 MIN

Comedies

Cheaper by the Dozen 2 ★★★★

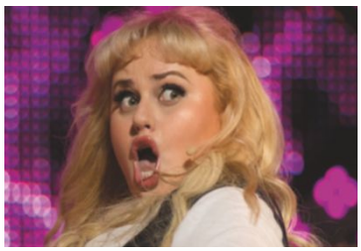
Saturday, 5 Star, 7.05pm/ 5 Star+1, 8.05pm

This sequel to Steve Martin's 2003 comedy offers even more in the way of gleeful slapstick fare. 2006, PG, 94MIN

Mr Bean's Holiday ★★★★

Sunday, ITV2 HD, 2.50pm/ ITV2+1, 3.50pm

Rowan Atkinson's rubber-faced nitwit is back for a second big-screen adventure causing his usual chaos when he wins a trip to France. 2007, PG, 89MIN



Pitch Perfect 2 ★★★

Thursday, Sky Hits HD, 9.50pm

Rebel Wilson and her Barden Bellas a cappella singing group return to the spotlight for another round of engagingly cheeky humour as they head to Copenhagen. 2015, 12, 115MIN

A Fish Called Wanda ★★★★

Friday, ITV HD, 10.40pm/ITV+1, 11.40pm (11.15pm, Ulster)

A mash-up of Ealing comedy and *Monty Python*, this witty caper stars Kevin Kline, Jamie Lee Curtis, John Cleese and Michael Palin. 1988, 15, 108MIN

Dramas

The Queen ★★★★★

Sunday, ITV HD, 3.30pm/ITV+1, 4.30pm

In an Oscar-winning performance, Helen Mirren is a sensation as Her Majesty in this mesmerising conjecture of events during the fateful week after Princess Diana died. 2006, 12, 103MIN

White Bird in a Blizzard ★★★

Monday, Sky Select HD, 6.15pm

Divergent actress Shailene Woodley stars in a highly unusual coming-of-age mystery that also features a memorable turn from Eva Green. 2014, 15, 91 MIN

Four Corners ★★★

Monday, Sky Select HD, 12m't

Cape Town's shanty towns provide the setting for a hard-hitting South African crime story revolving around the lives of four people against a background of youth gang culture. 2013, 15, 119MIN

My Sister's Keeper ★★★★

Wednesday, Film4 HD, 6.50pm/ Film4+1, 7.50pm

In a thought-provoking drama, Abigail Breslin plays an 11-year-old who rebels against being an organ donor for her desperately ill sister. 2009, 12, 109MIN

Action & Thrillers

The Man from U.N.C.L.E. ★★★★

Saturday, Sky Premiere HD, 2.30pm & 8pm/Sky Premiere+1, 3.30pm & 9pm

Guy Ritchie's stylish reboot of the classic 1960s TV spy series stars Henry Cavill and Armie Hammer. 2015, 12, 116MIN

47 Ronin ★★

Sunday, Channel 4 HD, 9pm/ Channel 4+1, 10pm

Despite its mega-budget, this retelling of a traditional Japanese sword-and-sorcery tale starring Keanu Reeves is an often leaden affair. 2011, 12, 119MIN

Sixteen ★★★

Tuesday, Sky Premiere HD, 10pm/ Sky Premiere+1, 11pm

Playing a former child soldier in Africa, now living in London, Roger Jean Nsengiyumva shows great depth in this British crime story. 2013, 15, 79MIN

Northwest ★★★

Wednesday, Sky Premiere HD, 10pm/ Sky Premiere+1, 11pm

Avoiding overblown action, this taut Danish gang saga gives a grimly realistic feel to its depiction of the Copenhagen underworld. Subtitled. 2013, 15, 89MIN

Films may be edited for television. The running times given are those of the original cinema releases.

eek at a glance

Horror & Sci-Fi

Star Trek VI: The Undiscovered Country ★★★★

Monday, Syfy HD, 9pm/Syfy+1, 10pm

The final big-screen outing for the original crew of the Enterprise is a worthy addition to the series. 1991, PG, 109MIN

House on Haunted Hill ★★★

Thursday, Horror, 10.55pm/ Horror+1, 11.55pm

A glossy but routine remake of William Castle's 1958 whodunnit in which a group of partygoers are challenged to spend one night in an asylum. 1999, 18, 93MIN

The Adjustment Bureau ★★★★

Friday, Film4 HD, 6.55pm/ Film4+1, 7.55pm

Matt Damon and Emily Blunt share a sweet chemistry in an entertaining romantic fantasy. 2011, 12, 105MIN

Crimson Peak ★★★★

Friday, Sky Sci-Fi & Horror HD, 9pm

An atmospheric air of doom hangs over Guillermo del Toro's Gothic melodrama, which stars Mia Wasikowska as a vulnerable heiress, plus Tom Hiddleston and Jessica Chastain. 2015, 15, 119MIN

Classics

The Third Man ★★★★★

Sunday, BBC2 HD, 1pm

Driven along by Anton Karas's insistent zither music, this truly superb thriller features memorable performances from Orson Welles, Joseph Cotten and Trevor Howard. 1949, PG, 104MIN

Mary Poppins ★★★★★

Sunday, Sky Disney HD, 1.35pm & 8pm

Practically perfect in every way, Julie Andrews' no-nonsense nanny always makes a holiday jollier as she and Dick Van Dyke's jack of all trades take time out for tea and cakes. 1964, U, 133MIN

The Wizard of Oz ★★★★★

Monday, TCM HD, 6.55pm/TCM+1, 7.55pm

Judy Garland learns there's no place like home as she leaves Kansas far behind to skip down the Yellow Brick Road in a timeless adaptation of L Frank Baum's classic novel. 1939, U, 98MIN

The Deer Hunter ★★★★★

Wednesday, ITV4 HD, 11pm/ ITV4+1, 12m't

Robert De Niro, Christopher Walken and Meryl Streep star in a haunting depiction of the Vietnam War and its fateful consequences. 1978, 18, 183MIN

EDITOR'S CHOICE

Emjay and Jon hoped their new venture wasn't a recipe for disaster

Chef ★★★★

Tuesday, Film4 HD, 9pm/Film4+1, 10pm

A light and fluffy, but utterly charming, movie about a burnt-out chef (Jon Favreau) who rediscovers his passion for cooking and life when he quits his job, acquires a food truck and takes to the road with his 10-year-old son (Emjay Anthony) and a loyal friend (John Leguizamo). Also on writing and directing duties, Favreau has clearly poured monster portions of passion and joy into this project. 2014, 14, 114MIN

The Good Dinosaur ★★★★

Saturday, Sky Premiere HD, 12.45pm & 6.15pm/Sky Premiere+1, 1.45pm & 7.15pm

A young dinosaur and a human child face all kinds of perils in Pixar's bouncy animated adventure. 2015, PG, 101 MIN

Hot Fuzz ★★★★★

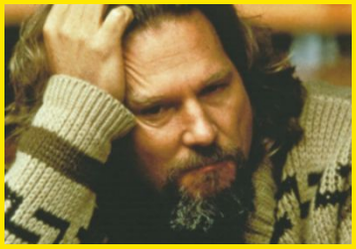
Thursday, ITV2 HD, 9pm/ITV2+1, 10pm

Simon Pegg and Nick Frost team up again with *Shaun of the Dead* director Edgar Wright for a triumphant cop thriller spoof set in a deceptively quiet Gloucestershire village. 2007, 15, 121MIN

Super 8 ★★★★

Saturday, Channel 4 HD, 9pm/ Channel 4+1, 10pm

JJ Abrams teams up with Steven Spielberg for a terrific conspiracy caper that plays like a cross between *The Goonies* and *The X Files*. 2011, 12, 111 MIN



The Big Lebowski ★★★★

Friday, Film4 HD, 11.05pm/ Film4+1, 12.05am

Jeff Bridges' layabout is mistaken for a crime lord in Joel and Ethan Coen's goofy comedy, which is a gloriously entertaining mess. 1998, 18, 117MIN

PHOTOS: REX

FILM TEASER In which 2010 drama did **The Man from U.N.C.L.E.**'s Armie

Saturday 6 August

Henry and Armie were cool enough for the Cold War

ACTION THRILLER

The Man from U.N.C.L.E.

Sky Premiere HD, 2.30pm & 8pm/Sky Premiere+1, 3.30pm & 9pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Guy Ritchie gives the iconic 1960s TV series a slick and stylish reboot, delivering a breezy mix of spy caper and buddy movie. Set in 1963 against a backdrop of Cold War suspicion and jet-set cool, the film finds the TV show's mismatched espionage duo – suave CIA operative Napoleon Solo (Henry Cavill) and scowling KGB agent Illya Kuryakin (Armie Hammer) – reluctantly joining forces to thwart an international gang of nuclear bomb-wielding baddies. *Also on Sunday-Friday.* 2015, 12, 116MIN

FAMILY COMEDY

Cheaper by the Dozen 2

5 Star, 7.05pm/5 Star+1, 8.05pm ★★★★

Sex ●●● Violence ●●● Language ●●●

This amiable and often hilarious sequel to the 2003 comedy has the Baker clan (Steve Martin and his extended family) taking a lakeside holiday together, only to find themselves competing with their wealthy neighbours (Eugene Levy and his extended family – including a young Taylor Lautner). That the eldest Baker daughter (Piper Perabo) is heavily pregnant should clue you in to where the film is heading, but it is a lot of slapstick fun getting there. 2006, PG, 94MIN

SCI-FI MYSTERY

Super 8

Channel 4 HD, 9pm/ Channel 4+1, 10pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Star Trek director JJ Abrams joins producer Steven Spielberg for a terrific sci-fi mystery. In 1979 Ohio, a bunch of youngsters, led by Joel Courtney's 12-year-old Joe, are making a zombie movie when they witness a devastating train crash. Soon the military are swarming over the site and strange things start to happen. The film has a lovely nostalgic period setting and the special effects are stunning. 2011, 12, 111 MIN

CRIME THRILLER

Trance

Channel 4 HD, 11.15pm/ Channel 4+1, 12.15am ★★★

Sex ●●● Violence ●●● Language ●●●

Danny Boyle's modern-day film noir involves art theft, betrayal, amnesia and hypnosis, and is dazzling to look at. James McAvoy's slick auctioneer, Vincent Cassel's French crook and Rosario Dawson's sultry hypnotherapist are the ones getting tied up in knots as they become involved in a plan to steal a Goya painting. Boyle's mind games are so head-spinning you may become too dizzy to follow them. 2013, 15, 101 MIN

ALSO ON SATURDAY

The Hustler
Sky Select HD, 12.05pm ★★★★★
Paul Newman is shooting pool.

The Good Dinosaur
Sky Premiere HD, 6.15pm ★★★★
Monster mayhem. See review, page 20.

Men in Black
Channel 4 HD, 7pm ★★★★
It's life, as Tommy and Will know it.

Burnt
Sky Premiere HD, 10pm ★★★
Bradley Cooper turns up the heat.

The Goonies
Sky Action/Adventure HD, 10.20pm ★★★★
Going underground.

■ Full listings start on p33

Sunday 7 August

Helen had hoped she'd get to wear the Crown Jewels

DRAMA

The Queen

ITV HD, 3.30pm/ITV+1, 4.30pm ★★★★★

Sex ●●● Violence ●●● Language ●●●

A fascinating conjecture on events behind the scenes at Buckingham Palace and Downing Street in the days immediately following the death of Princess Diana in 1997. In a performance that won her an Oscar, a Golden Globe and a Bafta, Helen Mirren immerses herself entirely as the embattled Elizabeth II, who is doggedly trying to uphold archaic traditions in a country that no longer understands them. Michael Sheen is equally effective as Prime Minister Tony Blair, the role he played in the TV drama *The Deal.* 2006, 12, 103MIN

ANIMATED FANTASY

The Tale of the Princess Kaguya

Film4 HD, 3.50pm/ Film4+1, 4.50pm ★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE This Oscar-nominated fantasy from Japan's Studio Ghibli is a world away in look and mood from its Disney counterparts. The film's heroine is discovered in a bamboo plant and grows at a miraculous rate after being adopted by a peasant couple, going on to beguile the imperial court with her beauty. The animation is enchanting throughout. *Also on Thursday*. 2013, U, 137MIN

FANTASY THRILLER

47 Ronin

Channel 4 HD, 9pm/ Channel 4+1, 10pm ★★

Sex ●●● Violence ●●● Language ●●●

Disappointingly, this Hollywood reworking of Japan's most celebrated tale of honour and revenge is a mostly plodding affair. There are a few fantastical sword-and-sorcery flourishes as Keanu Reeves – uncomfortably out of place as a 'half-breed' orphan – joins the eponymous band of outcast samurai on their suicidal mission to avenge their dead master. *Pacific Rim* star Rinko Kikuchi fares better as a shape-shifting witch 2011, 12, 119MIN

ROMANTIC FANTASY

Ghost

Channel 4 HD, 11.20pm/ Channel 4+1, 12.20am ★★★★★

Sex ●●● Violence ●●● Language ●●●

Airplane! director Jerry Zucker changed pace with this romantic fantasy about a recently murdered young man (Patrick Swayze) attempting to make contact with his grieving lover (Demi Moore), whose life is in danger. It may be over-earnest and over-cooked, and the romantic and thriller elements don't always sit easily with Whoopi Goldberg's comedy turn as a fake medium, but it is still a tear-jerking treat. 1990, 12, 127MIN

ALSO ON SUNDAY

The Third Man
BBC2 HD, 1pm ★★★★★
Orson Welles makes the Viennese whirl.

Mary Poppins
Sky Disney HD, 1.35pm & 8pm ★★★★★
She's supercalifragilisticexpialidocious!

Mr Bean's Holiday
ITV2 HD, 2.50pm ★★★★
Rowan Atkinson's prance in France.

Monsters, Inc
Channel 4 HD, 6.15pm ★★★★★
It's a scream!

The Perfect Guy
Sky Premiere HD, 10pm ★★
Sanaa Latham makes a bad choice.

■ Full listings start on p43

Hammer play twin brothers? Answer at bottom of page

Monday 8 August

'Honestly, Bill, how much longer do you think this Star Trek thing can last?'

SCI-FI ADVENTURE

Star Trek VI: The Undiscovered Country

Syfy HD, 9pm/Syfy+1, 10pm ★★★★

Sex ●●● Violence ●●● Language ●●●

This rousing final screen adventure for the original crew of the starship Enterprise is, perhaps unsurprisingly, tinged with sadness. The plot ranks among the best of their big-screen voyages as Captain Kirk is accused of murdering a Klingon ambassador and sentenced to life on a frigid prison planet. David Warner is suitably noble as the Klingon envoy, and Kim Cattrall plays a Vulcan lieutenant on the Enterprise. There are cameo appearances, too, from Christian Slater and supermodel Iman. 1991, PG, 109MIN

MYSTERY DRAMA

White Bird in a Blizzard

Sky Select HD, 6.15pm ★★★

Sex ●●● Violence ●●● Language ●●●

Shailene Woodley, the star of *Divergent* and *The Fault in Our Stars*, gives a no-holds-barred performance in this bizarre mystery melodrama. She plays a sexually adventurous suburban teenager, whose desperate housewife of a mother (a deliciously over-the-top Eva Green) suddenly goes missing. The film is something of a mess, but worth seeing for Woodley and Green, and for some striking images, including the recurring dream of the title. 2014, 15, 91MIN

COMEDY

Election

Sky Select HD, 8pm ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightfully malicious black comedy in which Matthew Broderick plays a spiteful high-school teacher whose loathing of chirpy, overachieving student Tracy Flick (Reese Witherspoon, stealing the movie with her Little Miss Perfect routine) leads him to mount a campaign to wreck her chances of winning the election for student government president. Chris Klein plays the dim-witted footballer Broderick talks into running against Witherspoon. 1999, 15, 103MIN

CRIME THRILLER

Four Corners

Sky Select HD, 12m't ★★★

Sex ●●● Violence ●●● Language ●●●

Set amid Cape Town's gang-ridden shanty towns, this gritty crime thriller follows the intersecting paths of four people – an ex-con determined to go straight; a British-trained doctor; a weary police captain; and a 13-year-old chess prodigy in danger of being sucked into gang life. The film has some of the raw immediacy of 2002's dazzling Brazilian crime drama *City of God* but can't quite match that film's exhilarating bravado. 2013, 15, 119MIN

ALSO ON MONDAY

Bugsy Malone
Film4 HD, 12.40pm ★★★★
Prepare to be splurged.

Fantastic Voyage
Spike, 2pm ★★★★
Raquel Welch gets under your skin.

Son of a Gun
Sky Crime & Thriller HD, 5.05pm ★★★
Ewan is a bad influence on Brenton.

The Wizard of Oz
TCM HD, 6.55pm ★★★★★
Judy Garland follows the Yellow Brick Road.

Infini
Sky Premiere HD, 9.45pm ★★
There's alien trouble at a deep space mine.

Full listings start on p53

Tuesday 9 August

They couldn't wait for their turn on Gogglebox

FAMILY CHOICE

ANIMATED COMEDY

Minions

Sky Family HD, 11.05am & 6.20pm ★★★★

Sex ●●● Violence ●●● Language ●●●

The zany goggle-wearing yellow Minions, scene-stealing sidekicks in the *Despicable Me* movies, get their own animated adventure and prove just as kookily cute and funny as on their previous outings. It turns out that Gru's devoted lackeys have always been in the henchmen game, attaching themselves to the most despicable villain of any given era. Here, their boss is haughty Scarlet Overkill (voiced by Sandra Bullock), who takes a trio of plucky Minions to Swinging Sixties London to steal the Queen's crown. 2015, U, 91MIN

ANIMATED COMEDY

Rango

Film4 HD, 4.40pm ★★★★

Sex ●●● Violence ●●● Language ●●●

The gags zing by like bullets from a Colt 45 in a tremendous computer-animated Western spoof set in a kooky version of the Wild West that is populated entirely by animals. Johnny Depp voices the hero, a skittish chameleon who passes himself off as gunslinger Rango and becomes the sheriff of a parched desert town where the water supply has suspiciously run dry. Isla Fisher, Ned Beatty, Bill Nighy and Ray Winstone also feature in the vocal cast. 2011, PG, 107MIN

CRIME COMEDY

O Brother, Where Art Thou?

Sky Select HD, 8pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Only the quirky film-making siblings Joel and Ethan Coen would think of adapting Homer's epic poem *The Odyssey* and setting it during the Great Depression. This crime comedy charts the misadventures of three escaped convicts (George Clooney, John Turturro and Tim Blake Nelson) trying to find a stash of treasure. The film may not add up to more than the sum of its loopy parts, but it is hugely enjoyable and the bluegrass soundtrack is superb. 2000, 12, 106MIN

HORROR COMEDY

Scouts Guide to the Zombie Apocalypse

Sky Sci-Fi & Horror HD, 9pm ★★★

Sex ●●● Violence ●●● Language ●●●

The knowingly tongue-in-cheek title is a tip off: this horror comedy is looking to deliver larky irreverence as well as gory splatter. It mostly succeeds, although there are times when this tale of three teenage misfits who put their scouting skills to good use during a zombie plague does rather overdo the gross-out gags. But if you don't mind the puerility you will find the laughs and scares coming thick and fast. 2015, 15, 93MIN

ALSO ON TUESDAY

Ramona and Beezus
Film4 HD, 12.55pm ★★★★
Joey King has the best intentions.

Harry Potter: The Prisoner of Azkaban
Sky Hits HD, 5.35pm ★★★★★
Harry's future could be Grim.

Spy Game
Sky Spies HD, 8pm ★★★★
Brad and Robert are running out of time.

Chef
Film4 HD, 9pm ★★★★
Jon Favreau serves up a treat.

Sixteen
Sky Premiere HD, 10pm ★★★
Roger Jean Nsengiyumva's life isn't good.

Full listings start on p63

FILM TEASER From six Oscar nominations, **The Big Lebowski** actor Jeff

Wednesday 10 August

Robert had to decide if he'd had enough of killing

DRAMA

The Deer Hunter

ITV4 HD, 11pm/ITV4+1, 12m't ★★★★★

Sex ●●● Violence ●●● Language ●●●

A sprawling, cynical and haunting look at the effects of Vietnam on the American heartland, seen through the eyes of three Pennsylvania steel-workers (Robert De Niro, John Savage and Christopher Walken) as well as their friends and families. The film garnered five Oscars (including Best Picture, Best Director for Michael Cimino and Best Supporting Actor for Walken) out of its nine nominations, and an early role for Meryl Streep hinted at the great performances to come. 1978, 18, 183MIN

ACTION COMEDY

Spy Kids

Sky Spies HD, 4.10pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Best described as James Bond meets *Willy Wonka*, this modestly budgeted comedy adventure is a delight from start to finish. Alexa Vega and Daryl Sabara's inept pint-sized spies come to the rescue of their secret-agent parents (Antonio Banderas and Carla Gugino) after they are captured by Alan Cumming's evil children's TV show host. The humour is pitched at such a level as to keep both youngsters and adults amused throughout. 2001, U, 88MIN

COMEDY DRAMA

Birdman

Sky Select HD, 5.55pm ★★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Keaton goes out on a limb as a washed-up movie star making a frazzled bid for artistic credibility in this hectic black comedy. Shot in one seemingly unbroken take, director Alejandro González Iñárritu's Oscar-winning film ricochets around the dressing rooms and corridors of a Broadway theatre where Keaton's former Hollywood hotshot is wrestling with his nagging superhero alter ego as he struggles to put on a dour, arty play. 2014, 15, 119MIN

DRAMA

My Sister's Keeper

Film4 HD, 6.50pm/ Film4+1, 7.50pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Jodi Picoult's bestseller about a family and its struggle with terminal illness makes a powerfully emotional film. Thirteen-year-old Abigail Breslin plays the daughter who was conceived for the purpose of donating bone marrow to her dying sister (Sofia Vassilieva). But when her parents (Cameron Diaz and Jason Patric) tell her she must donate one of her kidneys she files a lawsuit for 'medical emancipation'. 2009, 12, 109MIN

ALSO ON WEDNESDAY

Cinderella
Sky Disney HD, 2pm & 8pm ★★★★
The Disney animators have a ball.

Little Miss Sunshine
Sky Drama/Romance HD, 6.10pm ★★★★
Abigail Breslin is a winner.

The Boxtrolls
Sky Family HD, 6.20pm ★★★★
A real box of delights.

Maggie
Sky Sci-Fi & Horror HD, 7.15pm ★★★
Arnold Schwarzenegger is losing her.

Northwest
Sky Premiere HD, 10pm ★★★
Gangs of Copenhagen.

■ Full listings start on p73

Thursday 11 August

Rebel brought up the rear in the Barden Bellas line-up

COMEDY

Pitch Perfect 2

Sky Hits HD, 8am & 9.50pm ★★★

Sex ●●● Violence ●●● Language ●●●

The 2012 college comedy *Pitch Perfect* was an unexpectedly charming and wickedly funny a cappella mash-up of *Glee* and *Bridesmaids*, but this scattershot sequel doesn't hit all the right notes. Once again, Rebel Wilson's brash Fat Amy and her all-female singing group the Barden Bellas are the underdogs as they aim to win the World Championships. Some of the cruder slapstick episodes misfire, but the girls' unruly camaraderie is infectious and musical numbers are full of pep. 2015, 12, 115MIN

ACTION THRILLER

Mission: Impossible – Rogue Nation

Sky Spies HD, 8pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise's fifth outing as daredevil spy Ethan Hunt delivers another hugely entertaining round of white-knuckle thrills teetering on the edge of absurdity. With Alec Baldwin's testy CIA chief striving to disband the IMF, Hunt is on the trail of a shadowy organisation of renegade spies, aided by Simon Pegg's bungling sidekick Benji and by Rebecca Ferguson's lithe and mysterious femme fatale Ilsa Faust. 2015, 12, 131 MIN

CRIME COMEDY

Hot Fuzz

ITV2 HD, 9pm/ITV2+1, 10pm ★★★★★

Sex ●●● Violence ●●● Language ●●●

A comedy triumph from *Shaun of the Dead*'s Simon Pegg, Nick Frost and director Edgar Wright. Pegg plays an over-zealous London police officer dumped in a quaint country hamlet, only to find himself up to his neck in corpses, dim village coppers and even dimmer yokels. The entire cast never let the audience know they are in on the joke, playing out this entire farce with the splendidly po-faced solemnity of an Ibsen play. 2007, 15, 121 MIN

HORROR

House on Haunted Hill

Horror, 10.55pm/ Horror+1, 11.55pm ★★★

Sex ●●● Violence ●●● Language ●●●

After an unsettling opening sequence wherein the lunatics really do take over the asylum, this glossy remake of William Castle's gimmicky 1958 whodunnit turns into a routine spook-fest as a group of unwitting partygoers spend one night in the aforementioned facility. Geoffrey Rush sowewhat sullies his Oscar-winning professional reputation with a pantomime impersonation of horror maestro Vincent Price. 1999, 18, 93MIN

ALSO ON THURSDAY

Harry Potter: The Order of the Phoenix
Sky Hits HD, 2.55pm ★★★
Dumbledore's Army marches on.

4 Minute Mile
Sky Premiere HD, 6.15pm ★★
Kelly Blatz runs into trouble.

Man of the House
Sony Movies, 6.55pm ★★★
Tommy Lee Jones is full of good cheer.

We Were Soldiers
AMC, 9pm ★★★
Mel Gibson goes to war.

Unleashed
ITV4 HD, 11.55pm ★★★
Jet Li is on the loose in Glasgow.

■ Full listings start on p83

Bridges has won once. For which 2009 music drama? Answer at bottom of page

Friday 12 August

At least John had never mistaken Jeff's identity

CRIME COMEDY

The Big Lebowski

Film4 HD, 11.05pm/Film4+1, 12.05am ★★★★

Sex ●●● Violence ●●● Language ●●●

This goofy crime comedy from film-making siblings Joel and Ethan Coen might be a mess, but it is certainly a gloriously entertaining mess. The film is almost indescribably complicated – suffice to say that Jeff Bridges plays 'The Dude', a perpetually stoned layabout who gets mistaken for a wheelchair-bound crime lord. The film is populated by a colourful roster of dropouts and lunatics played by a cast that includes John Goodman, Julianne Moore, Steve Buscemi, John Turturro and David Thewlis. 1998, 18, 117MIN

HORROR FANTASY

Crimson Peak

Sky Sci-Fi & Horror HD, 9pm ★★★★

Sex ●●● Violence ●●● Language ●●●

Mia Wasikowska's vulnerable turn-of the-20th-century American heiress falls into the clutches of Tom Hiddleston and Jessica Chastain's English fortune-hunters in this deliciously ripe slice of Gothic melodrama from fantasy maestro Guillermo del Toro. Set in a splendid crumbling mansion, there are ghosts and gore in store, but the dark and twisted romance that unfolds contains more psychological chills than jump-in-the-dark scares. 2015, 15, 119MIN

COMEDY

A Fish Called Wanda

ITV HD, 10.40pm/ITV+1, 11.40pm (11.15pm, Ulster) ★★★★

Sex ●●● Violence ●●● Language ●●●

This unexpected international hit is an enthusiastic merging of old-style Ealing caper comedy with some *Monty Python*-esque humour. Writer-star John Cleese plays straight man to the comic antics of Jamie Lee Curtis's coolly calculating vamp Wanda, Michael Palin's stuttering pet-lover and Oscar-winning Kevin Kline's dim-witted, villainous ex-CIA agent. A deliciously slick and hilarious caper. 1988, 15, 108MIN

MYSTERY THRILLER

Solace

Sky Crime & Thriller HD, 1am ★★★

Sex ●●● Violence ●●● Language ●●●

Anthony Hopkins and Colin Farrell go head to head as psychic antagonists in a supernatural thriller with echoes of *Seven* and *The Silence of the Lambs*. Hopkins' psychic investigator is dragged out of retirement to help Jeffrey Dean Morgan and Abbie Cornish's FBI agents catch a serial killer, and he works out that the suspect is also a psychic and is only targeting the terminally ill. The action is stylishly shot and, in places, genuinely gripping. 2015, 15, 101 MIN

ALSO ON FRIDAY

Stuart Little
Film4 HD, 1.05pm ★★★★★
There's a mouse about the house.

Pan
Sky Premiere HD, 2.30pm & 8pm ★★★
Levi Miller finds Neverland.

The Adjustment Bureau
Film4 HD, 6.55pm ★★★★
Hat's off to Matt and Emily.

McFarland, USA
Sky Disney HD, 8pm ★★★
Kevin Costner is back in the running.

Gran Torino
Spike, 11pm ★★★★
Clint Eastwood's car is his star.

■ Full listings start on p93

PAY-PER-VIEW HIGHLIGHTS

The pick of the week on Sky Store and Virgin Movies

10 Cloverfield Lane
★★★★

A grippingly twisty mystery thriller that steadily ratchets the tension as Mary Elizabeth Winstead's car-crash victim comes to in a bunker with John Goodman's gloomy survivalist and John Gallagher Jr's good old boy for company. They tell her the outside world has been rendered uninhabitable by a chemical attack – but are the real perils outside or on the inside? (12, 93min)

Batman v Superman: Dawn of Justice
★★★

DC Comics' biggest heroes go head to head in this follow-up to director Zach Snyder's 2013 Superman reboot, *Man of Steel*. Ben Affleck plays Batman, who takes exception to the destruction wrought by Superman (Henry Cavill) during his battle with renegade alien General Zod in the previous film. The resulting showdown between the cape-wearing duo is marred by Snyder's overbearing direction. (12, 151min)

Dheepan
★★★★

PREMIERE (Sky Store & Virgin Movies from Mon) At the end of the Sri Lankan civil war, a former fighter teams up with a young woman and a nine-year-old girl to pose as a family and thereby gain political asylum in France. French director Jean-Jacques Audiard puts human faces to the refugee crisis with vivid results. Subtitled. (15, 115min)

Eddie the Eagle
★★★

PREMIERE (Sky Store from Mon; also on Virgin Movies) Plucky British plasterer-turned-ski jumper Eddie 'The Eagle' Edwards, underdog hero of the 1988 Calgary Winter Olympics, remains an endearing figure of fun in this feelgood sporting romp. Taron Egerton proves a good fit for Eddie's boots, while Hugh Jackman is ideally cast as his fictional coach. (PG, 106min)

Kung Fu Panda 3
★★★★

Bumbling panda Po is as comical as ever in his third screen adventure. This time he is striving to become a teacher, with predictably topsy-turvy results for his fellow kung-fu masters, the Furious Five. He faces a far bigger challenge, though, when supernatural villain Kai (JK Simmons) escapes from the spirit realm. (PG, 95min)

PREMIERE

It was the last time Kirsten was buying Jaeden a balloon

SCI-FI THRILLER

Midnight Special

Sky Store & Virgin Movies from Monday ★★★★

Sex ●●● Violence ●●● Language ●●●

From its intriguingly enigmatic opening to mind-blowing close, this involving and gripping sci-fi chase thriller takes us on a very strange trip, as a father (Michael Shannon) rescues his son (Jaeden Lieberher) from a cult, pursued by the FBI, who have taken an interest in the strange powers the boy appears to possess. Joel Edgerton, Kirsten Dunst and Adam Driver are also caught up in the chase. 2015, 12, 112MIN

Midnight Special
★★★★

PREMIERE (Sky Store & Virgin Movies from Mon) See review, above. (12, 112min)

Risen
★★★

Joseph Fiennes plays a hard-nosed investigator striving to solve the mystery of a missing corpse. Rather than a modern-day police procedural, however, this crime thriller is set in 1st-century Judea, Fiennes' boss is Pontius Pilate (Peter Firth) and the missing body is that of Christ. The premise is interesting, though let down by a poor script and weak acting. (12, 107min)

Sing Street
★★★★

PREMIERE (Sky Store from Mon; also on Virgin Movies) Creator of 2007's Oscar-winning underdog hit *Once*, writer-director John Carney returns to Dublin for another heart-warming celebration of the joys and solace of making music. Set in 1985, the film revolves around the attempts by a 15-year-old schoolboy to start a band, and stars Ferdia Walsh-Peelo and Lucy Boynton. (12, 106min)

Tale of Tales
★★★★

PREMIERE (Sky Store & Virgin Movies from Mon) Far, far away from Disney's sugar-spun fables, the three weirdly twisted fairy tales Italian director Matteo Garrone depicts here have a gorgeously grotesque realism. Salma Hayek, Vincent Cassel and Toby Jones head the cast, and it is their characters' recognisably real human feelings that makes this dazzling film so compelling. (15, 134min)

The Witch
★★★★

This terrific horror movie finds a Puritan settler family tearing itself apart in 1630 New England, gripped by suspicion and paranoia after their baby goes missing from their homestead. Is a witch to blame? The cast is very good, with Anya Taylor-Joy especially impressive as the 15-year-old girl who is blamed by her parents (Ralph Ineson and Kate Dickie) for her brother's disappearance. (15, 93min)

Zootropolis
★★★★

Cute and clever in equal measure, this is an animated fantasy to please kids and adults alike. The setting supplies the cuteness, an exuberantly anthropomorphic world populated by animals of every stripe, who walk on their hind legs, wear clothes and display all the human traits. The script combines sight gags, satire and a cunning mystery plot with some wholesome moral lessons about diversity. (PG, 108min)

PHOTOS: REX

TEASER ANSWER CRAZY HEART

OLYMPICS SPECIAL

This week at the OI

A-Z GUIDE
6–12 August

Medal events marked in red

ARCHERY
Saturday 6 August
12.55pm Team (m) *RB6, RB+21*
5.55pm Team q/f (m) *RB7, RB+21*
9pm **Team (m)** *BBC1, BBC4*
Sunday 7 August
1pm Team (w) *RB+21*
6pm, 9pm **Team (w)** *RB2*
Monday 8 August
1pm Individual (m/w) *RB+22*
7pm *RB8, RB+22*
Tuesday 9 August
1pm Individual (m/w) *RB+21*
7pm *RB8, RB+21*
3pm *RB+21*
Wednesday 10 August
7pm Individual (m/w) *RB4, RB+16*
3pm *RB+16*
Thursday 11 August
12.55pm Individual (w) *RB1, RB+17*
7pm Individual (m/w) *RB8*
8pm **Individual (w)** *RB+17*
Friday 12 August
1pm Individual (m) *RB1, RB+22*
6.55pm *RB6, BBC4*
8pm **Individual (m)** *RB+22*

ATHLETICS
Friday 12 August
1.30pm-5.10pm Discus (m), Heptathlon 100m hurdles (w), Shot Put (w), 800m (m) , Heptathlon high jump (w), **10,000m (w)** *BBC1, BBC4, RB+19*
6.30pm-8.10pm *BBC1, BBC4*
20km Race Walk (m) *RB1, RB+17*
12.15am-3am 1500m (w), Heptathlon: shot put (w), Hammer throw (w), 400m (m), Long jump (m), **Shot Put (w)**, Heptathlon: 200m (w), 100m (w) *BBC1, RB1*

BADMINTON
Thursday 11 August
11.55am Singles (m/w), doubles (m/w), mixed doubles *RB2, RB+11;*
1pm *RB2, BBC4;* **7.30pm** *RB+11;*
11.35pm *RB6, RB+11*
Friday 12 August
11.55am Singles (m/w), doubles (m/w), mixed doubles *RB4, RB+14;*
7.30pm *RB+14* **11.30pm** *RB+14;*
12.45am *RB2*

BASKETBALL
Saturday 6 August
4pm Turkey v France (m) *RB2*
5.55pm Australia v France (m) *RB2*
2.15am Venezuela v Serbia (m) *RB1*
Sunday 7 August
6.05pm Brazil v Lithuania (m) *RB1*
10.50pm Croatia v Spain (m) *RB4*
Monday 8 August
6.15pm Serbia v Australia (m) *RB2*
10.50pm US v Venuzeula (m) *RB3*
2.30am France v China (m) *RB1*
Tuesday 9 August
6pm Spain v Brazil (m) *RB5*
11pm Lithuania v Nigeria (m) *RB2*
2.20am Argentina v Croatia (m) *RB3*
Wednesday 10 August
6.05pm France v Serbia (m) *RB2*
10.50pm Australia v US (m) *RB6*
2.20am Venezula v China (m) *RB6*
Thursday 11 August
6pm Brazil v Croatia (m) *RB2*
10.50pm Nigeria v Spain (m) *RB7*
2.20am Lithuania v Argentina (m) *RB4*
Friday 12 August
6.05pm Prelims (w/m) *RB+3;* **8.05pm** *RB3;* **10.50pm** *RB3;* **2.20am** *RB5*

BEACH VOLLEYBALL
Saturday 6 August
2pm Prelims (w/m) *BBC4, RB+12* **7pm** *BBC1, BBC4, RB+12*
1am *BBC4, RB2, RB+12*
Sunday 7 August
2pm Prelims (w/m) *BBC4, RB+13*
1am *BBC4, RB8, RB+13*
Monday 8 August
1.55pm Prelims (w/m) *RB3, RB+12*
3.25pm *RB+12* **4.45pm** *BBC1, BBC4, RB7* **7.25pm** *RB5, RB+12*
1am *RB8, RB+12*
Tuesday 9 August
1.55pm Prelims (w/m) *RB3, RB7, RB+12*
3.25pm *RB+12* **1am** *BBC1, RB6*
Wednesday 10 August
1.50pm Prelims (w/m) *BBC4, RB6*
3.20pm *RB+10* **1am** *RB1*
Thursday 11 August
1.50pm Prelims (w/m) *RB+13* **7.20pm** *RB6, RB+13* **12.50am** *RB8*
Friday 12 August
2pm Prelims (w/m) *BBC4* **2.50pm** *RB1, RB+15* **11.50pm** *RB+15* **2.50am** *RB2, RB+15*

BOXING
Saturday 6 August
2.55pm 46–49kg (m), 60kg (m), 81kg (m) & 91kg (m) *BBC1, RB2, RB+15;*
9pm *BBC1, RB1, RB+2, RB+11*
Sunday 7 August
2.55pm 60kg (m), 69kg (m), 81kg (m) *RB2, RB+12;* **8.55pm** *RB1*
Monday 8 August
2.50pm 46–49kg (m), 69kg (m), 75kg (m) & 91kg (m) *RB1, RB+11;*
8.50pm *RB1, RB+11*
Tuesday 9 August
2.55pm 60kg, 75kg, +91kg (m) *RB2, RB+11;* **8.55pm** *RB1, RB+15*
Wednesday 10 August
2.50pm 49kg q/f, 91kg q/f (m) *RB3, RB+10;* **8.55pm** *RB2, RB+4*
Thursday 11 August
2.55pm, 8.50pm 56kg, 64kg, 69kg, 81kg (m) *RB2, RB+12*
Friday 12 August
2.55pm 48–51kg, (w) 57–60kg, (w) 46–49kg s/f (m), 81kg (w), 60kg q/f (m) & 75kg (m) *RB3, RB+1;*
9pm *RB3*

CANOEING
Sunday 7 August
4.05pm Canoe single (m), kayak (m) *RB6, RB+14*
Monday 8 August
4.25pm Canoe double (m), kayak (m) *BBC4, RB1, RB+17*
Tuesday 9 August
5.25pm **Canoe single (m)** *BBC1, BBC4, RB2, RB+1*
Wednesday 10 August *RB6*
5.55pm **Kayak (m)**
Thursday 11 August
4.25pm **Canoe double (m);** **7pm** **Kayak (w)** *BBC1, BBC4, RB3, RB+18*

DIVING
Sunday 7 August *BBC4, RB+1*
7.50pm **Synch 3m springboard (w)**
Monday 8 August *BBC1, RB+1*
8pm **Synch 10m platform (m)**
Tuesday 9 August *BBC1, BBC4, RB+11*
7.50pm **Synch 10m platform (w)**
Wednesday 10 August *BBC1, RB+1*
7.50pm **Synch 3m springboard (m)**
Friday 12 August *RB4, RB+1*
7.20pm 3m springboard prelims (w)

EQUESTRIAN
Saturday 6 August
1.55pm-8pm Individual eventing (m/w), Team dressage (m/w) *RB3, RB4,RB+11*
Sunday 7 August
1.55pm-8pm Individual eventing (m/w), Team dressage (m/w) *RB3*
Monday 8 August
1.50pm-8pm Individual eventing, Cross-country (m/w) *BBC1, BBC4, RB6, RB+15*
Tuesday 9 August
1.55-7pm **Team jumping (m/w)**, **Individual jumping (m/w)** *BBC1, RB3, RB+15*
Wednesday 10 August
1.55pm-8.30pm Team dressage, Individual dressage (m/w) *RB5, RB+15*
Thursday 11 August
1.55pm-8.30 *RB5, RB+16*
Friday 12 August
1.55pm, 7pm **Team dressage (m/w)** *RB5, BBC1, RB+17*

FENCING
Saturday 6 August
12.55pm Epée (w) *RB+5, RB+23* **7.55** **Epée (w)** *BBC4, RB2, RB+5*
Sunday 7 August
12.55pm, 5.45pm Foil (m) *BBC4, RB+5*
7.55pm **Foil (m)** *BBC4, RB3, RB+5*
Monday 8 August
12.55pm Sabre (w) *RB+5*
7.55pm **Sabre (w)** *RB6, RB+5*
Tuesday 9 August
12.55pm Epée (m) *RB4, RB+5*
7.55pm **Epée (m)** *RB4, RB+5*
Wednesday 10 August
12.25pm Foil (w), Sabre (m) *RB1, RB+4*
8.55pm, 9.30pm-1.30am Foil s/f (w), Sabre s/f (m), **Foil (m)**, **Sabre (m)** *RB5, RB+4, RB+5*
Thursday 11 August
12.55pm; 8.55pm **Team Epée (w)** *RB5*
Friday 12 August
12.55pm Team Foil s/f (m) *RB+5*
8.55pm **Team Foil (m)** *BBC4, RB5, RB+5*

FOOTBALL
Saturday 6 August
6.50pm Canada v Zimbabwe (w) *RB5*
9pm USA v France (w) *BBC4, RB4*
9.50 Germany v Australia (w) *BBC4*
10.50 SA v China (w) *RB8* **11.50** Colombia v NZ (w) *RB1* **1.50am** Brazil v Sweden (w) *RB8, RB+16*
Sunday 7 August
5pm Fiji v Mexico (m) *RB4, RB+16*
6.50pm Honduras v Portugal (m) *RB5*
7.50pm Germany v S Korea (m) *RB+16*
9.50pm Argentina v Algeria (m) *RB5*
10.50pm Sweden v Nigeria (m) *RB7*
11pm Denmark v S Africa (m) *RB8*
1.50am Brazil v Iraq (m) *RB1*
1.50am Japan v Colombia (m) *RB4*
Tuesday 9 August
8pm Canada v Germany (w) *RB5*
8pm Aust v Zimbabwe (w) *RB6, RB+18*
11pm NZ v France (w) *RB6, RB+18*
11pm Colombia v USA (w) *RB8, RB+21*
1.50am South Africa v Brazil (w) *RB8*
1.50am China v Sweden (w) *RB2*
Wednesday 10 August
4.50pm Argentina v Honduras (m) *RB4*
5pm Algeria v Portugal (m) *RB7, RB+18*
7.50pm S Korea v Mexico (m) *RB8*
7.50pm Germany v Fiji (m) *RB7, RB+18*
10.50pm Japan v Sweden (m) *RB1*
10.50pm Colombia v Nigeria (m) *RB8*
1.50am Denmark v Brazil (m) *RB8*
1.50am S Africa v Iraq (m) *RB4, RB+15*
Friday 12 August
3.50pm Q/f (w) *RB1* **5pm** Q/f (w) *BBC4, RB+23* **7.40pm** Q/f (w) *BBC4, RB8, RB+23* **10.50pm** Q/f (w) *RB8*
1.50am Q/f (w) *RB8, RB+23*

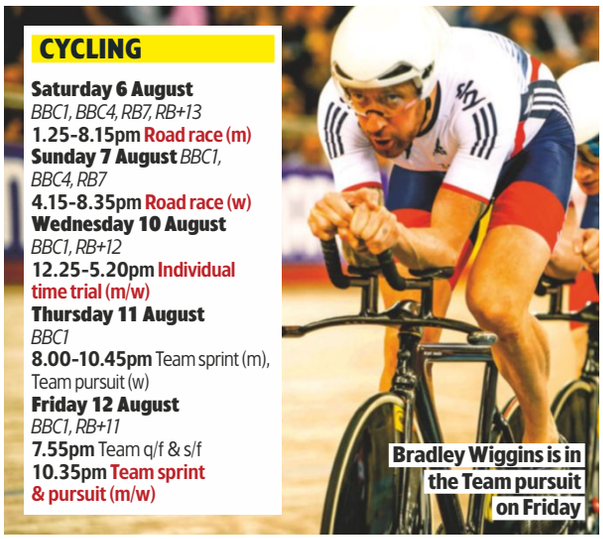
GOLF
Thursday 11 August *BBC4, RB7, RB+8*
11.25am Men's round one
Friday 12 August *BBC4, RB7, RB+9*
11.25am Men's round two

GYMNASTICS
Saturday 6 August *BBC4, RB+9*
2.25pm *RB5* **6.25pm** *RB1* **10.30pm** *BBC1, RB2* Artistic quals (m)
Sunday 7 August *BBC1, BBC4, RB+9*
1.40pm *RB4* **6.30pm, 12.25am** *RB7* Artistic quals (w)
Monday 8 August
8pm **Team (m)** *BBC1*
Tuesday 9 August
8pm **Team (w)** *BBC1, RB+20*
Wednesday 10 August
8pm **All-round (m)** *BBC1, RB+19*
Thursday 11 August
7pm, 8pm & 10pm **All-round (w)** *BBC1, BBC4, RB+1*

HANDBALL
Saturday 6 August
1.20pm, 3.20pm, 6.40pm, 8.30pm, 11.40pm *RB3, RB+6;* **1.40am** *RB3*
Sunday 7 August
1.30pm, 3.20pm, 6.40pm, 8.30pm, 11.50pm *RB+6;* **1.40am** *RB7*
Monday 8 August
1.30pm, 3.20pm, 6.40pm, 8.30pm, 11.40pm *RB+6;* **12.05am** *RB4*
Tuesday 9 August
1.30pm, 3.20pm, 6.40pm, 8.30pm *RB+6;* **2.15am** *RB5*
Wednesday 10 August
1pm *BBC4;* **1.30pm, 6.40pm** *RB5, RB+6;* **8.30pm** *RB6;* **11.50pm** *RB+6*
Thursday 11 August
1.20pm, 3.20pm, 6.30pm *RB+5;* **11.40pm, 1.40am** *RB3*
Friday 12 August
1.30pm, 3.20pm, 6.40pm *RB+6;* **8.30pm** *RB7;* **11.50pm** *RB+6;* **1.40am** *RB4*

HOCKEY
Saturday 6 August
2pm Argentina v Netherlands (m) *RB2*
3pm India v Ireland (m) *BBC4, RB3, RB+18*
4.20pm Belgium v GB (m) *RB1, RB+17*
5.20pm Australia v NZ (m) *RB3, RB+18*
8.50pm USA v Argentina (w) *RB6, RB+18*
9.50pm Canada v Germany (m) *RB7*
11.20pm Spain v Brazil (m) *RB6, RB+18*
12.20am GB v Australia (w) *RB1, RB+17*
Sunday 7 August
1.50pm NZ v Korea (w) *RB5, RB+18*
4.20pm Netherlands v Spain (w) *RB5*
3pm Japan v India (w) *RB+19*
5.30pm China v Germany (w) *RB+19*
8.50pm GB v NZ (m) *BBC4, RB1, RB+19*
9.50pm Ireland v Netherlands (m) *BBC4, RB2, RB+18*
11.20pm Brazil v Belgium (m) *RB+19*
12.20am Australia v Spain *RB2, RB+18*
Monday 8 August
1.50pm Australia v USA (m) *RB2, RB+18*
3.15pm Germany v India (m) *RB7*
4.20pm Canada v Argentina *RB2, RB+18*
5.20pm NZ v Germany (w) *RB+19*
8.50pm Netherlands v Korea (w) *RB+19*
10pm GB v India (w) *BBC4, RB1, RB+18*
11.20am Argentina v Japan (w) *RB2*
12.20am Spain v China (w) *RB6, RB+18*
Tuesday 9 August
1.50pm New Zealand v Spain (m) *RB1, RB+17*
2.50pm Argentina v India (m) *RB+18*
3.50pm Germany v Ireland (m) *BBC4, RB1, RB+17*
5.20pm Netherlands v Canada (m) *RB+18*
9.50pm Brazil v GB (m) *BBC4, RB1*
12.20am Belgium v Australia (m) *RB4*
Wednesday 10 August
1.50pm Spain v NZ (w) *RB7, RB+19*
2.50pm India v Australia (w) *RB1, RB+20*
3.50pm Germany v S Korea (w) *RB+19*

CYCLING
Saturday 6 August
BBC1, BBC4, RB7, RB+13
1.25-8.15pm **Road race (m)**
Sunday 7 August *BBC1, BBC4, RB7*
4.15-8.35pm **Road race (w)**
Wednesday 10 August
BBC1, RB+12
12.25-5.20pm **Individual time trial (m/w)**
Thursday 11 August
BBC1
8.00-10.45pm Team sprint (m), Team pursuit (w)
Friday 12 August
BBC1, RB+11
7.55pm Team q/f & s/f
10.35pm **Team sprint & pursuit (m/w)**



Bradley Wiggins is in the Team pursuit on Friday

lympics

5.30pm GB v Argentina (w) *BBC4, RB1*
8.50pm USA v Japan (w) *RB+20*
9.50pm China v Netherlands (w) *RB7*
11.30pm NZ v Brazil (m) *RB+20*
12.20am GB v Australia (m) *BBC1, RB7*
Thursday 11 August
1.50pm Netherlands v India (m) *RB4*
2.50pm Ireland v Canada (m) *BBC4, RB1*
3.50pm Argentina v Germany (m) *RB+19*
5.30pm Spain v Belgium (m) *RB+20*
8.50pm Germany v Spain (w) *RB7*
9.50pm Australia v Argentina (w) *RB3*
11.20pm USA v India (w) *RB+20*
12.20am Japan v GB (w) *BBC1, RB1*
Friday 12 August
1.50pm S Korea v China (w) *RB+11*
2.50pm NZ v Netherlands (w) *RB2*
3.50pm India v Canada (m) *RB+11*
5.20pm Germany v Netherlands (m) *BBC4, RB+24*
8.20pm GB v Spain (m) *BBC4, RB+24*
9.50pm Belgium v NZ (m) *RB+19*
11.20pm Ireland v Argentina (m) *BBC4, RB1, RB+24*
12.20am Australia v Brazil (m) *RB+19*

JUDO

Saturday 6 August
1.55pm, 3pm Eliminations (w/m) *RB+4*
7.25pm -48kg (w), -60kg (m) *BBC1, BBC4, RB8, RB+4*
Sunday 7 August
1.55pm Eliminations (w/m) *RB7, RB+4*
7.25pm -52kg (w), -66kg (m) *RB4, RB+4*
Monday 8 August
1.55pm Eliminations (w/m) *RB5*
7.25pm -57kg (w), -73kg (m) *BBC4, RB3, RB+4*
Tuesday 9 August
1.55pm Eliminations (w/m) *RB+4*
7.25 -63kg (w), -81kg (m) *BBC4, RB7, RB+4*
Wednesday 10 August
1.55pm Eliminations (w/m) *RB+4*
7.25 90kg (m), 70kg (w) *BBC4, RB3*
Thursday 11 August
1.55pm Eliminations (w/m) *RB6, RB+3*
7.25pm 78kg (w), 100kg (m) *BBC4, RB1, RB+3*
Friday 12 August
1.55pm Eliminations (w/m) *RB6*
7.30pm, 10pm +78kg (w), +100kg (m) *BBC4, RB3*

ROWING

Saturday 6 August
BBC1, RB3, RB+2
From 12.25pm Heats (m)
Sunday 7 August
BBC1, RB1, RB+3
From 12.25pm Heats (m/w)
Monday 8 August *BBC1, RB1, RB+1*
From 12.25pm s/f single sculls (m/w)
Tuesday 9 August *BBC1, BBC4, RB1*
From 12.25pm q/f single sculls (m/w), s/f pairs (m), s/f double sculls (m/w)
Wednesday 10 August *BBC1*
From 12.25pm quadruple sculls (m/w), lightweight double sculls (m/w), pair (w)
Thursday 11 August *BBC1, RB1, RB+2*
From 12.25pm pair (m), double sculls (m/w), lightweight four (m), single sculls s/f (m/f)
Friday 12 August *BBC1, RB+2*
From 12.25pm single sculls (m/w), lightweight double sculls (m/w), pair (w), four (m)

RUGBY

Saturday 6 August *BBC4*
3pm Pool matches (w), includes GB v Brazil *RB5, RB+14*
7.50pm Pool matches (w), includes GB v Japan *BBC1, RB3, RB+13*
Sunday 7 August
2.50pm Pool matches (w), includes GB v Canada *RB1, RB+15*
7.30pm, 9.30pm q/f 1–4 (w) *BBC1, RB7, RB8, RB+15*
Monday 8 August *BBC1*
4.25pm s/f (w) *RB3, RB+14*
7pm s/f (w) *BBC4*
9.25pm & 10.45pm Medal (w) *RB4, BBC1, RB+14*
Tuesday 9 August *BBC1, BBC4*
3pm Pool matches (m), includes GB v Kenya *RB4, RB+14*
8pm Pool matches (m) *RB2*
Wednesday 10 August *BBC4*
2.50pm Pool matches (m), includes GB v NZ *RB2, RB+14*
7.50pm q/f 1–4 (m) *RB1, RB+14*
Thursday 11 August
4.45pm s/f (m) *RB1, RB+15*
9.25pm & 10.45pm Medal (m) *BBC1, RB8, RB+15*

SAILING

Monday 8 August
4.50pm, 2am Laser, RS:X (w/m) *RB5, RB6, RB+13*
Tuesday 9 August
4.50pm Finn, Laser, RS:X (w/m) *RB+13*
Wednesday 10 August
4.50pm, 2am 470, Finn, Laser, Nacra 17 (w/m) *RB+13, RB8*
Thursday 11 August
4.50pm, 2am 470, Finn, Laser, Nacra 17, RS:X (m/w) *RB5, RB+14*
Friday 12 August
4.50pm, 2am 49er, 470, Laser, RS:X (w/m) *RB2, RB+16*

SHOOTING

Saturday 6 August
2.25pm 10m air rifle (w) *RB+16*
7.25pm 10m air pistol (m) *RB+16*
Sunday 7 August
2.55pm 10m air pistol (w) *RB+17*
7.30pm Trap (w) *RB+17*
Monday 8 August
1pm, 3.55pm 10m air rifle (m); 6.55pm, 7.30pm Trap (m) *BBC4, RB+16*
Tuesday 9 August
7.25pm 25m pistol (w) *RB1, RB+16*
Wednesday 10 August
3.50pm 50m pistol (m) *RB7, RB+17*
6.55pm, 7.30pm Double trap (m) *RB+17, BBC4*
Thursday 11 August
1pm, 3.55pm 50m rifle (w) *RB+17*
Friday 12 August
1pm, 2.55pm 50m rifle (m) *RB+18*
7pm skeet (w) *BBC1, RB+18*

TABLE TENNIS

Saturday 6 August
12.55pm *RB1, RB+10;* **2** *RB3, RB+24;* **4.30** *RB+24;* **6.25** *RB+10;* **7.30** *RB+23;* **11.15** *RB+24*
Sunday 7 August
12.55pm Singles (m/w) *RB6, RB+11;* **5.25pm** *RB+11;* **7pm** *BBC4*
Monday 8 August
1.55pm Singles (m/w) *RB+10;* **7.55pm** *RB1, RB+10;* **12.25am** *RB5, RB+10*

American swimmer Michael Phelps, the most decorated Olympian of all time

SWIMMING

Saturday 6 August *BBC1, BBC4*
4.55pm-7.25pm *RB+1*
400m individual medley (m/w)
100m butterfly (w)
400m freestyle (m)
100m breaststroke (m)
4x100m freestyle relay (w)
1.55am-4.20am *RB6, RB+1*
400m individual medley (m/w)
100m butterfly s/f (w)
400m freestyle (m)
100m breaststroke s/f (m)
4x100m freestyle relay (w)
Sunday 7 August *BBC1*
4.55pm-7.30pm *RB3, RB+1*
100m backstroke (w/m)
200m freestyle (m)
100m breaststroke (w)
400m freestyle (w)
4x100m freestyle relay (m)
1.55am-4.25am *RB3, RB+1*
100m butterfly (w)
200m freestyle s/f (m)
100m breaststroke s/f (w)
100m backstroke s/f (w)
100m breaststroke (m)
400m freestyle (w)
100m backstroke s/f (m)
4x100m freestyle relay (m)
Monday 8 August *BBC1*
12.55pm Heats *RB+2*
5pm-6.20pm
200m freestyle (w)
200m butterfly (m)
200m individual medley (w)
9.55pm Heats *RB+2*
1.55am-4am *RB3*
200m freestyle s/f (w)
200m freestyle (m)
100m backstroke (w)
100m backstroke (m)
100m breaststroke (w)
200m butterfly s/f (m)
200m individual medley s/f (w)
Tuesday 9 August *BBC1, BBC4*
5pm-6.40pm *RB+2*
100m freestyle (m)
200m butterfly (w)
200m breaststroke (m)
4x200m freestyle relay (m)
1.55am-4.45am *RB3, RB+2*
100m freestyle s/f (m)
200m freestyle (w)
200m butterfly (m)
200m butterfly s/f (w)
200m breaststroke s/f (m)
200m individual medley (w)
4x200m freestyle relay (m)
Wednesday 10 August *BBC1, BBC4*
5pm-7pm *RB+2*
100m freestyle (w)
200m backstroke (m)
200m breaststroke (w)
200m individual medley (m)
4x200m freestyle relay (w)
2am-5am *RB+2*
200m breaststroke (m)
100m freestyle s/f (w)
200m backstroke s/f (m)
200m butterfly (w)
100m freestyle (m)
200m breaststroke s/f (w)
200m individual medley s/f (m)
4x200m freestyle relay (w)
Thursday 11 August *BBC1*
4.55pm-8pm *RB+1*
50m freestyle (m)
800m freestyle (w)
100m butterfly (m)
200m backstroke (w)
1.55am-4.30am *RB7*
50m freestyle s/f (m)
200m breaststroke (w)
200m backstroke (m)
200m backstroke s/f (w)
200m individual medley (m)
100m freestyle (w)
100m butterfly s/f (m)
Friday 12 August *BBC1*
5pm-7.30pm
50m freestyle (w)
1500m freestyle (m)
4x100m medley relay (w/m)
1.55am-3.30am *RB3*
200m backstroke (w)
100m butterfly (m)
800m freestyle (w)
50m freestyle (m)

Tuesday 9 August
1.55pm Singles q/f (w/m) *RB5, RB+10;* **7.55pm** *RB+10;* **12.30am** *RB+10*
Wednesday 10 August
1.55pm Singles s/f (w) *RB4*
12.50am Singles (w) *BBC4, RB2*
Thursday 11 August
1.55pm Singles s/f (m) *RB3*
12.25am Singles (m) *BBC4, RB2*
Friday 12 August
1.55pm Team (w) *RB+13*
11.25pm Team (m) *RB7, RB+13*

TENNIS

Saturday 6 August
2.40pm *BBC4, RB6, RB+7;* **10.35pm** *RB+7;* **12m't** *RB5*
Sunday 7 August
2.45pm *BBC4, RB+7;* **10.35pm** *RB+7;* **8.20pm** *RB6, RB+8*
Monday 8 August
2.35pm Singles, doubles (m/w) *BBC1, RB4, RB+7;* **10.35pm** *RB5, RB+7*
Tuesday 9 August
2.35pm *RB6, RB+8;* **10.35pm** Doubles q/f (m/w) *RB7, RB+7*
Wednesday 10 August
2.45pm Doubles s/f (m), doubles q/f (w) *RB+7, RB+8;* **8.30pm** Mixed doubles q/f (w), doubles s/f (m), doubles q/f (w) *BBC4;* **10.45pm** Doubles s/f (m) *RB83, RB+7;* **12m't** *RB2*
Thursday 11 August
3.50pm Singles q/f (m) *BBC1, BBC4, RB4, RB+6, RB+7*
8pm singles s/f (w), doubles s/f (w) *BBC1*
Friday 12 August
4pm Singles s/f (m), mixed doubles s/f *BBC4, RB+7, RB+8*
9pm Doubles (m) *RB6*

TRAMPOLINE

Friday 12 August
5.55pm Trampoline (w) *RB+10*

VOLLEYBALL

Saturday 6 August
1.20pm, 6.50pm *RB+19;* **12.20am, 2.35am** *RB7*
Sunday 7 August
1.30pm *RB+20;* **12.20am** *RB5*
Monday 8 August *BBC1, BBC4*
1.20pm *RB7, RB+20;* **6.50pm, 9.05pm** *RB7, RB+20*
12.20am, 2.35am *RB2, RB+20*
Tuesday 9 August *BBC4*
1.20pm, 6.50pm *RB+19;* **12.20am, 2.35am** *RB1, RB+19*
Wednesday 10 August
1.20pm *RB+7;* **6.50pm** *RB+21;* **12.20am, 1.45am** *RB7, RB+21*
Thursday 11 August
1.20pm, 6.50pm *RB+21;* **12.20am** *RB4, RB+21;* **2.35am** *RB1*
Friday 12 August
1.20pm, 6.50pm *RB+20;* **9.05pm** *RB2;* **12.20am** *RB5, RB+20*

WATER POLO

Saturday 6 August
12.50pm, 11.20pm *RB+20*
Sunday 7 August
1.20pm, 6.50pm, 12.20am Prelims (m) *RB+20*
Monday 8 August
12.50pm , 11.20pm *RB+21*
Tuesday 9 August
12.50pm Prelims (m) *RB+20*
Wednesday 10 August
12.50pm Prelims (m) *BBC4, RB+1*
Friday 12 August
12.50pm, 11.20pm Prelims (m) *RB+21*

WEIGHTLIFTING

Saturday 6 August *RB3, RB+4*
11pm 48kg (w)
Sunday 7 August *RB+10*
2pm 56kg (m), 53kg (w)
7.30pm 53kg (w)
10.55pm 56kg (m) *RB3*
Monday 8 August *RB+9*
2pm 62kg (m), 58kg (w)
7.30pm 58kg (w) *BBC4*
10.55pm 62kg (m) *BBC1, RB8*
Tuesday 9 August *RB+9*
2pm 69kg (m), 63kg (w)
7.30pm 63kg (w)
11pm 69kg (m) *RB3, BBC1*
Wednesday 10 August *RB+9*
2pm 77kg (m), 69kg (w)
7.30pm 69kg (w) *BBC4*
11pm 77kg (m) *RB4*
Friday 12 August
2pm 85kg (m), 75kg (w)
7.30pm 75kg (w) *RB+12*
10.55pm 85kg (m) *RB4*

● In addition to daily BBC1 and BBC4 coverage, the BBC will also be offering 8 live streams available via the Red Button, and 24 HD video streams on the BBC Sport website, via the app, or on Red Button+, which you can access via a smart TV.

PHOTOS: PA

(m) men's events **(w)** women's events **q/f** quarter-final **s/f** semi-final **Please note: Some listing times are subject to change**

Sport week

Leicester City v Manchester United

The **Community Shield** at Wembley

Jose Mourinho

Manchester United's Henrikh Mkhitaryan

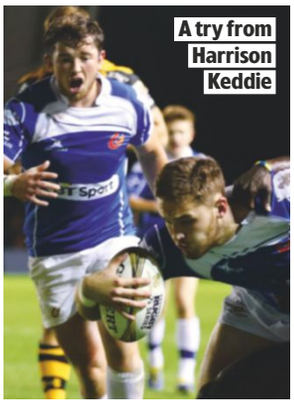
LIVE FOOTBALL

Sunday, BT Sport 2 HD, kick-off 4pm

Jose Mourinho will be aiming to win his first silverware as the new manager of Manchester United when he faces Claudio Ranieri's champions, Leicester Ciy, in Sunday's Community Shield.

For both clubs there'll be some new faces, including star Swedish striker Zlatan Ibrahimovic, who arrived at Old Trafford on a free transfer, and Armenia midfielder Henrikh Mkhitaryan, who joined United from Borussia Dortmund.

Leicester have boosted their attacking options with a £16million club-record deal for Nigeria striker Ahmed Musa.


A try from Harrison Keddie

LIVE RUGBY SEVENS

Premiership Finals

Sunday, BT Sport 3 HD, 1.30pm

The rugby sevens title will be decided on Sunday at Coventry's Ricoh Arena.

After pool stages at Cardiff Arms Park, Sandy Park, Franklin's Gardens and Kingston Park, the eight qualified teams now go head to head in two groups of four, with the table-toppers then competing in the final. Last year, Harrison Keddie of Newport Gwent Dragons scored a last-gasp try against Wasps to give the Welsh region the title.

Pakistan captain Misbah-ul-Haq

LIVE CRICKET

England v Pakistan: Fourth Test

From Thursday, Sky Sports 2 HD, play starts 11am

It's the final Test of the summer as Alastair Cook's England and Misbah-ul-Haq's Pakistan meet for the fourth time at The Oval. The south London venue has been a happy hunting ground for Pakistan, unbeaten there since 1967.

Since then they've enjoyed three wins and two draws, though England were awarded victory in the 2006 meeting when the match was abandoned after a ball-tampering row.

The tourists will next meet Ireland in two one-day games before taking on England again in five ODIs and a single Twenty20.

LIVE GOLF

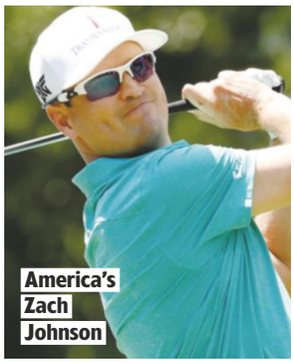
John Deere Classic

From Thursday, Sky Sports 4 HD

Organisers of the John Deere Classic probably felt cross when it was revealed the Illinois tournament would clash with the men's contest at the Rio Olympics.

However, the mass withdrawal from the Games by some of the world's top golfers – worried about the Zika virus – means there should more major players teeing off than expected this week.

Among those in the field are previous winners Zach Johnson and Steve Stricker, though the defending champion Jordan Spieth will not be appearing.


America's Zach Johnson

WORDS: RICHARD MCCLURE. PHOTOS: REX, GETTY

TEASER Which the most times?

A-Z GUIDE

This week's sport on TV

FOR ALL THIS WEEK'S **OLYMPIC GAMES** ACTION, **SEE PAGE 8**

AMERICAN FOOTBALL

LIVE Ottawa Redblacks v Edmonton Eskimos
Sat 12m't BT Sport/ESPN HD
From TD Place Stadium.

LIVE Edmonton Eskimos v Montreal Alouettes
Thu 2am BT Sport/ESPN HD
Coverage from Brick Field at Commonwealth Stadium.

LIVE Toronto Argonauts v Winnipeg Blue Bombers
Fri 12.30am BT Sport/ESPN HD
From BMO Field.

AUSTRALIAN RULES

LIVE Western Bulldogs v North Melbourne
Sat 10am BT Sport 2 HD
Action from the Etihad Stadium in Melbourne.

LIVE Carlton v St Kilda
Sat 4am BT Sport 1 HD
From Melbourne Cricket Ground.

LIVE Fremantle v West Coast Eagles
Sun 7.30am BT Sport 1 HD
From Domain Stadium in Perth.

LIVE Western Bulldogs v Collingwood
Fri 10.30am BT Sport 1 HD
Action from the Etihad Stadium.

LIVE Hawthorn v North Melbourne
Fri 5am BT Sport 2 HD
From Melbourne Cricket Ground.

BASEBALL

LIVE New York Yankees v Cleveland Indians
Sat 6pm BT Sport/ESPN HD
Coverage from Yankee Stadium.

LIVE Los Angeles Dodgers v Boston Red Sox
Sat 9pm BT Sport 1 HD
From Dodger Stadium.

LIVE Chicago White Sox v Baltimore Orioles
Sat 12m't BT Sport 1 HD
From US Cellular Field.

LIVE Washington Nationals v San Francisco Giants
Sun 6.30pm BT Sport/ESPN HD

LIVE Los Angeles Dodgers v Boston Red Sox
Sun 12m't BT Sport/ESPN HD

LIVE Miami Marlins v San Francisco Giants
Mon 12m't BT Sport/ESPN HD

LIVE Colorado Rockies v Texas Rangers
Tue 8pm BT Sport/ESPN HD
Action from Coors Field.

LIVE Boston Red Sox v New York Yankees
Tue 12m't BT Sport/ESPN HD

team has won the Community Shield (formerly the Charity Shield)
And how many times have they won it? Answer at bottom of page

LIVE Miami Marlins v San Francisco Giants
Wed 5pm BT Sport/ESPN HD
Coverage from Marlins Park.

LIVE Los Angeles Dodgers v Philadelphia Phillies
Wed 8pm BT Sport 2 HD
Action from Dodgers Stadium.

LIVE MLB
Wed 12m't BT Sport/ESPN HD
A Major League Baseball contest.

LIVE New York Mets v Arizona Diamondbacks
Thu 5pm BT Sport/ESPN HD
Coverage from Citi Field.

LIVE Oakland Athletics v Baltimore Orioles
Thu 8.30pm BT Sport/ESPN HD
Clash from O.co Coliseum.

LIVE Boston Red Sox v New York Yankees
Thu 12m't BT Sport 1 HD
Coverage from Fenway Park.

LIVE Chicago Cubs v St Louis Cardinals
Fri 7.15pm BT Sport/ESPN HD
Action from Wrigley Field.

BOXING

LIVE Miguel Flores v Ryan Kielczweski
Fri 2am BT Sport 1 HD
The featherweight bout at the Turning Stone Resort Casino, in Verona, New York.

COMBAT SPORTS

LIVE Ultimate Fighting Championship
Sat 1am BT Sport 2 HD
Action from the preliminary bouts for UFC Fight Night 92, which takes place at Vivint Smart Home Arena in Salt Lake City, Utah.

LIVE Yair Rodríguez v Alex Caceres
Sat 3am BT Sport 2 HD
Coverage of the featherweight MMA Fighting bout at Vivint Smart Home Arena in Salt Lake city, Utah.

CRICKET

LIVE Sri Lanka v Australia: Second Test
Sat 8.10am & 10.30am; Sun 10.30am & 5.15am; Mon 8.10am & 10.30am Euro2
From Galle International Stadium.

LIVE England v Pakistan: Third Test
Sat & Sun 10.30am SS2 HD
Coverage from Edgbaston. Highlights: Sat & Sun 7pm C5 HD; Sat 8pm, 11pm, 2am SS2 HD; Sun 8pm & 11pm SS2 HD.

St Kitts and Nevis Patriots v St Lucia Zouks
Sun 11.30pm Dave HD
From Warner Park in St Kitts.

LIVE NatWest T20 Blast
Mon 7pm SS2 HD
Coverage of a quarter-final game.

LIVE West Indies v India: Third Test
Tue 2.55pm & Wed 2.55pm SS3 HD; Thu 2.55pm SS5 HD; Fri 2.55pm SS3 HD
Coverage from St Lucia.

LIVE NatWest T20 Blast
Tue 7pm SS2 HD
Coverage of the second quarter-final.

LIVE NatWest T20 Blast
Wed 7pm SS2 HD
Coverage of the third quarter-final.

LIVE NatWest T20 Blast
Thu 7pm SS2 HD
Coverage of the fourth quarter-final.

LIVE England v Pakistan: Fourth Test
Fri 10.30am SS2 HD
Action from the Oval. Highlights: Fri 7pm C5 HD; Fri 10.30pm & 2am SS2 HD.

CYCLING

LIVE Arctic Race of Norway
Thu 2pm Euro1 HD
Coverage of stage one, which sees the riders negotiate a 180.5km journey from Fauske to Rognan.

LIVE Arctic Race of Norway
Fri 12noon Euro1 HD
Coverage of stage two, a 198.5km ride from Mo I Rana to Sandnessjoen.

EQUESTRIAN

The FEI Global Champions Tour
Sun 7.30am Euro1

FOOTBALL

LIVE Maidstone United v York City
Sat 11.30am BT Sport 1 HD (kick-off 12.15pm)
The National League encounter at Gallagher Stadium.

LIVE Rangers v Hamilton Academical
Sat 12noon SS 1 HD & 12noon SS5 HD (kick-off 12.30pm)
The Scottish Premiership clash from Ibrox Stadium.

LIVE Liverpool v Barcelona
Sat 5pm SS1 HD (kick-off 5.15pm)
Coverage of the pre-season match from Wembley Stadium.

FC Utrecht v PSV Eindhoven
Sat 7.30pm SS1 HD
The Eredivisie encounter.

LIVE Montreal Impact v Houston Dynamo
Sat 12.30am SS1 HD

LIVE FC Groningen v Feyenoord
Sun 11.20am SS5 HD

LIVE Queens Park Rangers v Leeds United
Sun 11.30am SS1 HD (kick-off 12noon)
Coverage of the both teams' opening Championship match of the season, which takes place at Loftus Road.

LIVE St Johnstone v Aberdeen
Sun 11.45am BT Sport 1 HD (kick-off 12.15pm)
Scottish Premiership fixture at McDiarmid Park.

LIVE West Ham United v Juventus
Sun 12.30pm BT Sport 2 HD
Coverage of the friendly match from the Olympic Stadium.

LIVE Hearts v Celtic
Sun 2pm SS1 HD & SS5 HD (kick-off 2.15pm)
The Scottish Premiership clash at Tynecastle.

LIVE Leicester City v Manchester United
Sun 3.15pm BT Sport 2 HD (kick-off 4pm)
The FA Community Shield match at Wembley Stadium. See page 30.

LIVE Sheffield Wednesday v Aston Villa
Sun 4.15pm SS1 HD (kick-off 4.30pm)
Championship game at Hillsborough.

LIVE Brasileirao
Sun 8pm BT Sport 1 HD
Action from the Campeonato Brasileiro Serie A.

LIVE Portland Timbers v Sporting Kansas City
Sun 9.05pm SS1 HD (kick-off 9.08pm)
From Providence Park.

LIVE Orlando City SC v Seattle Sounders
Sun 12.05am SS1 HD (kick-off 12.08am)
The inter-conference match from Camping World Stadium.

LIVE Los Angeles Galaxy v New Red Bulls
Sun 2.30am SS1 HD

LIVE VfB Stuttgart v St Pauli
Mon 7.15pm BT Sport 1 HD
The Bundesliga 2 encounter at the Mercedes-Benz Arena.

LIVE Betfred Cup
Tue 7pm BT Sport 1 HD
Scottish League Cup match.

LIVE Real Madrid v Sevilla
Tue 7pm BT Sport 2 HD (kick-off 7.45pm)
The UEFA Super Cup game at Lerkendal Stadion in Trondheim.

LIVE Betfred Cup
Wed 7pm BT Sport 1 HD
Scottish League Cup encounter.

LIVE Luton Town v Aston Villa
Wed 7.30pm SS1 HD (kick-off 7.45pm)
The first-round League Cup tie at Kenilworth Road.

LIVE Bristol Rovers v Cardiff City
Thu 7pm SS1 HD (kick-off 7.45pm)
The first-round League Cup match from the Memorial Stadium.

LIVE Bastia v Paris Saint-Germain
Fri 6.45pm BT Sport 1 HD (kick-off 7.00pm)
The Ligue 1 encounter at the Stade Armand Cesari.

LIVE Brighton & Hove Albion v Nottingham Forest
Fri 7pm SS1 HD (kick-off 7.45pm)
The Championship encounter at the Amex Stadium.

LIVE Fortuna Dusseldorf v VfB Stuttgart
Fri 7.30pm BT Sport 2 HD
The Bundesliga 2 clash at the Esprit Arena.

GAELIC SPORTS

LIVE Tyrone v TBA
Sat 3.30pm SS3 HD
The All-Ireland Senior Football Championship quarter-final at Croke Park.

LIVE Dublin v TBA
Sat 5.45pm SS3 HD
The All-Ireland Senior Football Championship quarter-final.

LIVE Kilkenny v Waterford
Sun 3pm SS3 HD
The first All-Ireland Senior Hurling Championship semi-final.

GOLF

LIVE The Paul Lawrie Match Play
Sat 11am & 3pm SS4 HD
Day three from Archerfield Links Golf Club in East Lothian.

LIVE The Travelers Championship
Sat 6pm & Sun 6pm SS4 HD
Coverage from TPC River Highlands in Cromwell, Connecticut.

LIVE The Paul Lawrie Match Play
Sun 10.30am & 2pm SS4 HD
Day four from Archerfield Links.

LIVE US Senior Open Golf
Thu 6pm & Fri 6pm SS4 HD
From Scioto Country Club in Ohio.

LIVE The John Deere Classic
Thu 10pm & Fri 10pm SS4 HD
Coverage from TPC Deere Run in Silvis, Illinois.

HORSE RACING

LIVE C4 Racing
Sat 2pm C4 HD
Coverage from Ascot, Haydock Park and Newmarket.

MOTORCYCLING

Southern 100
Sat 5pm & 11pm Euro2 HD
Action from the Isle of Man.

LIVE MCE British Superbikes
Sat 3pm Euro2 HD
The qualifying session for the seventh round of the season.

LIVE Motocross World Championship
Sun 12noon, 1pm & 3pm Euro1 HD
Action from race one of the MX2 discipline in the 15th round of the season from Frauenfeld, Switzerland.

LIVE MCE British Superbikes
Sun 12.30pm Euro2 HD
Coverage from the seventh round of the season at Brands Hatch.

LIVE Motocross World Championship
Sun 1pm & 4pm Euro1 HD
Race one of the MXGP discipline in the 15th round of the season from Frauenfeld, Switzerland.

LIVE Coventry Bees v Swindon Robins
Mon 7.30pm SS1 HD
Coverage of the top-flight clash at the Brandon Stadium.

LIVE MotoGP: Austria
Fri 8am, 10.45am & 12noon BT Sport 2 HD
Practice sessions of the Grand Prix of Austria, held at the Red Bull Ring, ahead of the 10th round of the season.

MOTORSPORT

The Honda Indy 200
Sat 6.30am & 1.30pm BT Sport 2 HD; Sat 5pm BT Sport/ESPN HD; Sun 12.30am BT Sport 1 HD; Sun 3am BT Sport/ESPN HD
Action from the 12th round of the season at Mid-Ohio Sports Car Course in Lexington, Ohio.

British Touring Car Championship Highlights
Sat 4pm; Sun 6.35am ITV4 HD
Round six at Snetterton.

LIVE Speedway European Championship
Sat 5pm Euro1 HD
Action from the second round of the season, held in Daugavpils, Latvia.

LIVE FIA World Touring Cars
Sat 7pm Euro2 HD
Coverage of the qualifying session from the Autodromo Termas de Rio Hondo, Argentina, where the eighth round of the season takes place.

Speedway European Championship
Sat 10pm Euro2 HD; Mon 2pm Euro2 HD; Mon 7.30pm Euro1; Wed 5.30pm Euro2 HD
Action from the second round.

LIVE FIA World Touring Cars
Sun 6pm & 7pm Euro1 HD
Coverage of race one from the eighth round of the season at Autodromo Termas de Rio Hondo, Argentina.

POLO

Jaeger-LeCoultre Gold Cup
Tue 7pm SS5; Tue 12.30am & 3am SS3; Wed 9am & 1pm SS3
From Cowdray Park in West Sussex.

RUGBY LEAGUE

LIVE Featherstone Rovers v Leeds Rhinos
Sat 3pm SS5 HD (kick-off 3pm)
Coverage of the match from the Super 8s qualifiers, which takes place at Bigfellas Stadium.

LIVE Catalan Dragons v Widnes Vikings
Sat 5pm SS5 HD (Kick-off 5pm)
Coverage of the match from the Super 8s, which takes place at Stade Gilbert Brutus.

LIVE Widnes Vikings v Hull FC
Thu 7.30pm SS3 HD (kick-off 8pm)
Action from the Super 8s encounter, which takes place at Select Security Stadium.

LIVE St Helens v Catalan Dragons
Fri 7.30pm SS2 HD (kick-off 8pm)
A match from the Super 8s, which takes place at Langtree Park.

RUGBY UNION

LIVE Super Rugby
Sat 7.30am SS1 HD
Coverage of the final, as two teams battle for the title won by the Highlanders last year.

LIVE Singha Premiership Rugby 7s
Sun 1.30pm BT Sport 3 HD
Coverage of finals series from Ricoh Arena in Coventry, as eight teams compete in two pools of four, with the two teams that top the tables competing in the final.

TEN-PIN BOWLING

LIVE Weber Cup
Sat 12.30pm & 7pm SS5; Sun 12.30pm & 6pm SS3
Coverage from the EventCity in Manchester, where Europe's top bowlers take on their American counterparts.

TENNIS

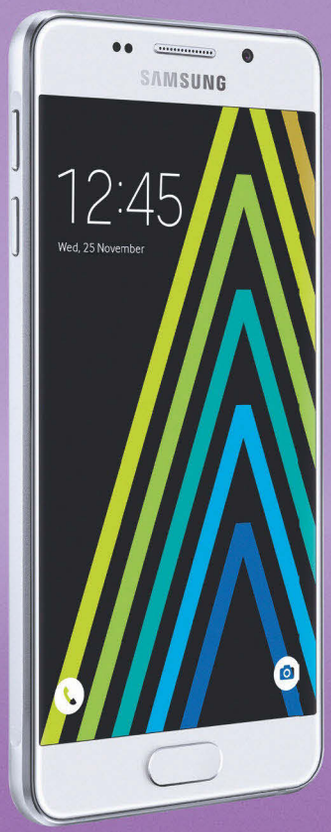
LIVE The BB&T Atlanta Open
Sat 8pm Euro1 HD
Coverage of the semi-finals from Atlantic Station, which take place on a temporary court in midtown Atlanta, Georgia.

WRESTLING

LIVE WWE: Raw
Mon 1am SS5 HD
Featuring wrestling stars Randy Orton and John Cena

LIVE WWE: Smackdown
Tue 1am SS5 HD

TEASER ANSWER MANCHESTER UNITED, 20 TIMES (16 OUTRIGHT WINS AND 4 SHARED TITLES)



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Saturday

6 August

Evening Planner

TODAY AT THE OLYMPICS

The Games' first day proper sees plenty of gold medals up for grabs, including the women's 10m air rifle, won in 2012 by China's Yi Siling. The judo also gets underway with Team GB's Commonwealth champion – and *Celebrity Big Brother* contestant – **Ashley McKenzie** competing in the men's 60kg. Team GB gets its first chance to medal in the men's cycling road race, featuring Tour de France winner Chris Froome, who has set himself the challenge of winning both road race and time trial – a feat no rider has ever accomplished.

Ashley McKenzie

Later in the swimming, Britain has a chance in the men's 400m freestyle final, which sees World champion Sun Yang of China up against James Guy from Bury.

Other finals include the women's 400m individual medley, featuring Britain's Siobhan-Marie O'Connor and **Hannah Miley**; the women's 4x100m freestyle relay, which looks like a duel between the US and Australia; and the men's 400m individual medley.

Hannah Miley

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	◂ 6.20 Olympics 2016 – Live: Featuring road cycling, beach volleyball and rugby sevens						10.10 News	10.30 Olympics...
	102 BBC2	◂ 6.50 Proms Extra	7.30 Full Steam Ahead		8.30 Dad's Army	9.00 The Mystery of Van Gogh's Ear		10.00 The National...	10.30 QI XL
	103 ITV		7.15 Catchphrase	8.00 Film: Skyfall					
	104 CHANNEL 4	7.00 Film: Men in Black				9.00 Film: Super 8			
	105 CHANNEL 5	7.00 Cricket on 5		8.00 NCIS		9.00 Football on 5: The Championship		10.00 Football on 5...	10.30 Celebrity Big...
	106 SKY1	7.00 Modern Family		8.00 Duck Quacks Don't Echo		9.00 Film: The Rock			
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Featuring swimming, judo and football							
	118 ITV2	◂ 6.35 Film: Twilight				9.00 Film: Hot Fuzz			
	138 MORE4	◂ 6.55 Great Canal Journeys		8.00 Grand Designs		9.00 8 Out of 10 Cats Does Countdown			
	136 E4	7.00 The Big Bang Theory				9.00 Film: The Five-Year Engagement			
	107 SKY LIVING	7.00 Unforgettable		8.00 Bones		9.00 Criminal Minds			
	108 SKY ATLANTIC	7.00 Without a Trace				9.00 Game of Thrones			
	110 GOLD	7.00 Last of the Summer Wine					9.10 Film: Clockwise		
	111 DAVE	7.00 Dynamo: Top Ten Greatest Moments		8.00 QI XL		9.00 Gavin & Stacey			
	119 ITV3	7.00 Doc Martin		8.00 Lewis				10.00 A Touch of Frost	
	120 ITV4	7.00 TT Blues		8.00 Film: Space Cowboys					
	112 COMEDY CENTRAL	7.00 Friends		8.00 Impractical Jokers		9.00 Lee Evans: Big – Live at the O2		10.00 Film: Kevin Hart – Let Me Explain	
	114 SYFY	◂ 6.30 Film: Lara Croft Tomb Raider: The Cradle of Life				9.00 Film: Defendor			
	109 W	◂ 6.40 Extreme...	7.35 Outnumbered			9.00 Jonathan Creek		10.10 Sherlock	
	113 UNIVERSAL	7.00 White Collar		8.00 Film: Beverly Hills Cop II				10.00 Law & Order: Special Victims Unit	
	124 FOX	7.00 The Closer				9.00 Family Guy		10.00 American Dad!	
	121 SKY ARTS	◂ 6.00 REM by MTV		8.00 Soundbreaking		9.00 Cambridge Folk Festival 2016			
Documentary	520 DISCOVERY	7.00 Diesel Brothers				9.00 Bear Grylls: Born Survivor		10.00 Oklahoma City Bomb: Crimes of the...	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Treehouse Masters				10.00 The Pool Master	
	526 NAT GEO	7.00 Breakout						10.00 X: The Generation that Changed the...	
	529 HISTORY	7.00 Storage Wars		8.00 Mountain Men		9.00 The Bastard Executioner			10.15 Storage Wars
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 Sounds of the Sixties		9.00 Sounds of the Seventies		10.00 New York Rock at the BBC	
	532 EDEN	7.00 Brazil with Michael Palin		8.00 Deadly 60				10.00 Brazil with Michael Palin	
Films	301 SKY PREMIERE	◂ 6.15 The Good Dinosaur		8.00 The Man from U.N.C.L.E				10.00 Burnt	
	303 SKY HITS	◂ 6.00 Charlie and the Chocolate Factory		8.00 Fantastic Four			9.50 John Wick		
	304 SKY SPIES	◂ 6.20 Charlie's Angels		8.00 Charlie's Angels: Full Throttle				10.00 Spectre	
	305 SKY DISNEY	◂ 6.35 Peter Pan		8.00 Tomorrowland: A World Beyond					10.15 101 Dalmatians
	306 SKY FAMILY	◂ 6.20 Robots		8.00 Paul Blart: Mall Cop 2			9.40 The Giver		
	307 SKY ACTION	◂ 5.55 Everest		8.00 Fast & Furious 7					10.20 The Goonies
	308 SKY COMEDY	◂ 6.10 Ricki and the Flash		8.00 Ted 2				10.00 Superbad	
	309 SKY CRIME		7.05 Lethal Weapon 2			9.00 Solace			
	310 SKY DRAMA	◂ 6.05 Big Eyes		8.00 The Age of Adaline				10.00 Notting Hill	
	311 SKY SCI-FI		7.15 Maggie			9.00 The Visit			
	312 SKY SELECT	◂ 6.15 The Truman Show		8.00 Vanilla Sky					10.20 Wall Street
	315 FILM4	◂ 6.50 Mission: Impossible				9.00 The Transporter			
	317 TCM	◂ 6.25 The Desperado		8.00 Canyon Raiders		9.00 Unforgiven			
Sport	401 SKY SPORTS 1	◂ 5.00 Football – Live	7.30 Eredivisie Football				9.30 Football	10.00 Football's Greatest Teams	
	402 SKY SPORTS 2	7.00 Cricket's Greatest		8.00 Test Cricket		9.00 Test Cricket: The Verdict		10.00 Cricket's Greatest	
	403 SKY SPORTS 3	◂ 5.45 GAA – Live		8.00 Super Rugby					10.30 GAA
	404 SKY SPORTS 4	◂ 6.00 PGA Tour Golf – Live: Day three of the Travelers Championship at the TPC River Highlands in Cromwell, Connecticut							
	410 EUROSPORT 1	◂ 5.00 Speedway European Championship...		8.00 ATP Tennis – Live: The semi-finals of the BB&T Atlanta Open from Atlantic Station				10.05 Going...	10.25 Dwars door Het...
	411 EUROSPORT 2	7.00 FIA World Touring Cars – Live: From Argentina			8.30 MCE British Superbikes			10.00 Speedway European Championship	

◂ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101 HD 141/115 | VIR 101 HD 108 | F'VIEW 1 HD 101 | F'SAT 101 HD 106/108

6.00am Olympic Breakfast The latest from Rio. (S)(HD)

10.00 Saturday Kitchen Live With Tom Kerridge. (S)(HD)

11.30 Home Cooking Made Easy Lorraine Pascale prepares simple dishes for entertaining. (S)(R)(HD)

12.00noon BBC News (S)(HD)

12.10pm Olympics 2016
Rowing Heats of the men's single sculls at **12.30**, women's single sculls at **1.30**, men's pairs at **2.30**, women's double sculls at **3.00**, men's double sculls at **3.30**, men's lightweight fours at **4.00** and men's quadruple sculls at **4.30**.
Cycling Action from the men's cycling road race at Fort Copacabana.
Swimming The heats of the men's 400m individual medley at **5.00**, women's 100m butterfly at **5.26** and men's 400m freestyle at **5.46**.
Boxing Action from the men's lightweight, light heavyweight and heavyweight disciplines. (S)(HD)
See feature, page 8

6.00 BBC News (S)(HD)

6.10 Local News (S)

6.20 Olympics 2016
Cycling The conclusion of the men's road race at Fort Copacabana.
Beach Volleyball The preliminary fixtures continue in the men's and women's disciplines.
Rugby Sevens The women's pool matches take place during the evening at the Deodoro Stadium.
Judo The women's -48kg and men's -60kg judo medals are decided from **9.00** at Carioca Arena 2.
Archery At **9.07**, featuring the bronze medal encounter and the final of the men's team event. (S)(HD)

10.10 BBC News (S)(HD)

10.30 Olympics 2016
Rugby Sevens The women's pool matches at the Deodoro Stadium.
Gymnastics The men's qualifiers at the Rio Olympic Arena. (S)(HD)

1.00am Olympics 2016
Hockey Great Britain's women take on Australia in Group B.
Swimming The finals of the men's 400m individual medley at **2.03**, men's 400m freestyle final at **2.30**, women's 400m individual medley at **2.49** and women's 4x100m freestyle at **3.24**. (S)(HD)
Followed by **Lottery Update** (S)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116 HD 116/143 | VIR 107 HD 163 | F'VIEW 9 HD 106 | F'SAT 110 HD 107

1.00pm Olympics 2016
Cycling Featuring the men's road race at **1.30** from Fort Copacabana.
Gymnastics Coverage of qualifying in the men's individual artistic gymnastics from **2.30**.
Tennis The first round gets under way in the men's and women's singles at the Olympic Tennis Centre at **2.50**.
Hockey Ireland play India in the men's hockey from **3.00**.
Rugby Sevens Pool-stage matches in the women's rugby sevens at the Deodoro Stadium from **3.00**. (S)(HD)

4.00 Olympics 2016
Swimming The men's 400m freestyle heats get under way at **5.46**, and from **6.12**, the women's 400m individual medley begins. (S)(HD)

7.00 Olympics 2016
Swimming The latest swimming heats continue at the Olympic Aquatics Stadium, including the women's 4x100m freestyle from **7.01**.
Judo From **7.30**, the women's -48kg and men's -60kg semi-finals and finals take place at Carioca Arena 2.
Football US play France in the women's football at the Mineirao in Belo Horizonte from **9.00**. (S)(HD)

10.00 Olympics 2016
Football Germany, among the pre-tournament favourites for gold in the women's football, take on Australia at the Arena Corinthians in Sao Paulo at **10.00**.
Rugby Sevens The women's pool-stage matches in the rugby sevens at the Deodoro Stadium.
Weightlifting The women's 48kg final gets under way at **11.00**. (S)(HD)

2.00am Britain on Film: A Woman's Place (S)(R) **2.30** Danny Baker Rocks the Nineties (A Bit) (S)(R)(HD) **3.00-4.00am** New York Rock at the BBC (S)(R)

DID YOU KNOW?

Judo

British hopeful Ashley McKenzie took up judo at the age of 11 after losing a fight with another boy over a Pokémon trading card.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 42)

BBC2

SKY 102 HD 115/141 | VIR 102 HD 162 | F'VIEW 2 HD 102 | F'SAT 102 HD 108/106

6.00am The Women's Football Show (S)(R)(HD) **6.30 FILM The Silver Darlings** Drama. (S) (1947, b/w, PG, 85min) ★★ **7.55 FILM The Happiest Days of Your Life** British comedy. (S)(HD) (1950, b/w, U, 80min) ★★★★★
9.15 Olympics 2016 Another chance to see the opening ceremony of the Games of the XXXI Olympiad. (S)(R)(HD)
12.00noon The Hairy Bikers' Northern Exposure From Russia. (S)(R)(HD)(AD)
1.00pm Bargain Hunt (S)(R)(HD)(AD)
1.45 Homes Under the Hammer Homes in Devon, Kent and Stoke. (S)(R)(HD)
2.45 Escape to the Country (S)(R)(HD)(AD)
3.30 Flog It! From Cardigan. (S)(R)(HD)
4.20 Full Steam Ahead (S)(R)(HD)(AD)
5.20 Highlands: Scotland's Wild Heart Spring arrives in the region. (S)(R)(HD)

9.00 The Mystery of Van Gogh's Ear

6.20 Gardeners' World Memories of the show's former presenter Geoff Hamilton. (S)(R)(HD)

6.50 Proms Extra Katie Derham turns her attention to Mahler's *Third Symphony* and the *David Bowie Prom*, as well as Berlioz's *Romeo and Juliet*. (S)(HD)

7.30 Full Steam Ahead Historians Ruth Goodman, Alex Langlands and Peter Ginn relive the golden age of steam as they explore how the Victorian railways helped create modern Britain. (S)(R)(HD)(AD)

8.30 Dad's Army The platoon takes part in a training exercise with the regular army. (S)(R)

9.00 NEW The Mystery of Van Gogh's Ear Jeremy Paxman and Bernadette Murphy investigate why Vincent Van Gogh took a blade to his own ear in 1888. (S)(HD)(AD)

10.00 The National Lottery Live The all-important numbers. (S)(HD)

10.10 LIVE Olympics 2016 Further action from Rio. (S)(HD)

10.30 QI XL With Ross Noble, Kathy Lette, Sue Perkins and Alan Davies. (S)(R)(HD)

11.15 Versailles 9/10. The traitor strikes in the palace prison. (S)(R)(HD)(AD) Followed by **Inside Versailles** 9/10. Considering court etiquette in the age of Louis XIV. (S)(R)(AD)
12.15am FILM About Elly Iranian drama starring Golshifteh Farahani. Subtitled. (HD) (2009, 12, 115min) ★★★★
2.10 FILM Dracula Hammer horror. (S)(HD)(AD) (1958, 12, 80min) ★★★★
3.30-5.45am Previews (S)(HD)

ITV1

SKY 103 HD 178 | VIRGIN 103 HD 113 | F'VIEW 3 HD 103 | F'SAT 103 HD 111

6.00-8.25am CITV
8.25am ITV News (S)
8.30 Weekend With David Emanuel, Jeff Stelling and The Veronicas. (S)(HD)
9.25 Murder, She Wrote (S)(R)(HD)(AD)
11.20 Columbo: Etude in Black Crime mystery. (S)(R)(HD)(AD)
1.20pm ITV News (S)
1.35 Wild Animal Reunions (S)(R)(HD)
2.35 Doc Martin *The Family Way:* 6/8. The doctor is surprised when his parents come to stay. (Series 2) (S)(R)(AD)
3.40 All Star Family Fortunes With Katie Price and Charlie Lawson. (S)(R)(HD)
4.40 FILM The Scorpion King Fantasy starring Dwayne Johnson. A skilled Egyptian warrior is hired by the people of the desert to destroy an evil warlord. (S)(HD)(AD) (2002, 12, 95min) ★★★

7.15 Catchphrase

6.15 Local News (S)

6.30 ITV News (S)

6.45 You've Been Framed! Featuring some babysitting tips from a cross-dressing dad. (S)

7.15 Catchphrase 6/8. Stephen Mulhern hosts the game show in which contestants try to guess the familiar phrases hidden in animated clues. (S)(HD)

8.00 FILM Skyfall James Bond thriller starring Daniel Craig and Judi Dench. Believed dead, Agent 007 returns when MI6 comes under attack and comes up against a ruthless villain bearing a grudge against M. With Javier Bardem. (S)(HD)(AD) (2012, 12, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.45 ITV News (S)

11.00 FILM Carry On Girls Comedy starring Sid James, Joan Sims and Barbara Windsor. A seaside resort's plans for a beauty contest provoke feminist ire. (S) (1973, PG, 105min) ★★
12.45am Jackpot247
3.00 Murder, She Wrote *Death Takes a Dive.* (S)(SL)(R)(HD)(AD)
3.50-6.00am ITV Nightscreen (HD)

+1 hour: SKY 131 | VIRGIN 114 | FREEVIEW 33 | FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am Shipping Wars (S)(R)(HD) **6.40 Gillette World Sport** Including action from Rally Finland. (S) **7.10 Cardiff Triathlon** (S)(HD) **7.35-9.00 Everybody Loves Raymond** Triple bill. (S)(R) **9.00 The Morning Line** (S)(HD) **10.05 The Big Bang Theory** (S)(R)(HD)(AD) **11.05 The Simpsons** Double bill. (S)(R)(AD)

12.05pm FILM City of Ember Futuristic sci-fi fantasy adventure starring Harry Treadaway. (S)(HD) (2008, PG, 115min) ★★

2.00 LIVE Racing This afternoon's feature races from Ascot, Haydock Park and Newmarket. (S)(HD)

4.30-6.00 Come Dine with Me Triple bill of the series, from the Lytham St Annes and Southport area. (S)(HD)

9.00 Super 8

6.00 Come Dine with Me Russian expatriate Tanya hosts the final dinner party in the Lytham St Annes and Southport area. (S)(HD)

6.30 News (S)(HD)

7.00 FILM Men in Black Sci-fi action comedy starring Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. (S)(HD) (1997, PG, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 FILM Super 8 Sci-fi mystery starring Joel Courtney, Elle Fanning and Kyle Chandler. In 1979 small-town Ohio, a group of young kids gets mixed up with strange events while making an amateur zombie movie. With Ryan Lee. (S)(HD)(AD) (2011, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 FILM Trance Psychological thriller starring James McAvoy. (S)(HD) (2013, 15, 115min) ★★★

1.10am Ramsay's Kitchen Nightmares USA (S)(R) **2.05 Hollyoaks** (S)(SL)(R)(HD)(AD) **4.10 Kirstie's Fill Your House for Free** (S)(R)(HD) **4.25 Location, Location, Location** (S)(SL)(R)(HD) **5.20-6.15am Double Your House for Half the Money** (S)(SL)(R)(HD)(AD)

+1 hour: SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

5.10-8.25am Milkshake!

8.25am Teenage Mutant Ninja Turtles Animation. (S)(R)(HD)

9.00 The Saturday Show Live With actress Amelia Lily. (HD)

11.00 NEW SERIES Funniest Fails, Falls & Flops Comedy clip show featuring pranks gone wrong. (S)(HD)

11.30am-2.20pm The Nightmare Neighbour Next Door (S)(R)

2.20-5.15pm Police Interceptors A dead body is spotted in one of Lincolnshire's waterways. (S)(R) **3.20** The dog unit embarks on a hunt for an armed man. (S)(R) **4.20** A woman is trapped by rising water. (S)(R)

5.15 Can't Pay? We'll Take It Away A dispute between a landlord and a tenant who refuses to leave. (S)(R)

9.00 Football on 5...

6.10 Can't Pay? We'll Take It Away Two agents head to Kent for an eviction and discover a full-scale cannabis factory. (S)(R)

7.00 Cricket on 5 Mark Nicholas presents action from day four of the third Test in the four-match series between England and Pakistan, held at Edgbaston, Birmingham. (S)(HD)

8.00 NCIS *You Better Watch Out:* 10/24. The team investigates the death of a navy lieutenant commander's husband. Guest stars Robert Wagner. (Series 10) (S)(R)(HD)(AD)

8.55 News (S)(HD)

9.00 NEW SERIES Football on 5: The Championship George Riley and Lynsey Hipgrave introduce highlights from the opening weekend's games in the Championship, including Fulham v Newcastle United. (S)(HD)

10.00 NEW SERIES Football on 5: Goal Rush Goals from the opening weekend's games in Leagues One and Two. (S)(HD)

10.30 Celebrity Big Brother Highlights of the famous housemates' past 24 hours in the *Big Brother* house. (S)(HD)

11.35 Impractical Jokers UK (S)(R)

12.05am SuperCasino 3.10 Celebrity Big Brother (S)(R)(HD) **4.00 GPs: Behind Closed Doors** (S)(R) **4.50 Divine Designs** (S)(SL)(R) **5.15-5.40am Nick's Quest** (S)(SL)(R)

+1 hour: SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
4.20-5.20pm Sportscene (S)

N. IRELAND
Sky 972, Freesat 969
4.20pm Waterworld (S)(R) **4.35** Gardeners' World (S)(R) **5.05-5.20** Final Score from Northern Ireland (S) **6.20-6.50pm** Walk the Line (S)(R)

WALES
Sky 971, Freesat 971
10.30-11.15pm Visions of World War One (S)(R)

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eisteddfod Genedlaethol 2016 **1.30pm** Eisteddfod Genedlaethol 2016 **4.30** Eisteddfod Genedlaethol 2016 **6.00** Eisteddfod Genedlaethol 2016 **7.00** Eisteddfod Genedlaethol 2016 **8.00** Newyddion a Chwaraeon **8.10** Noson Lawen **9.10** Dewi Emrys: Cythraul yr Awen **10.10** Y Babell Lên 2016 **SERIES FINALE 11.10** Ar y Dibyn **12.10-1.15am** Eisteddfod Genedlaethol 2016

Today's listings for the BBC's Olympic Channels are on page 42

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Emmerdale (SL)(HD) **9.05** Coronation Street (HD)(AD) **11.30** Ninja Warrior UK (HD) **12.30pm** You've Been Framed! **1.05 FILM** Must Love Dogs: Romantic comedy. Includes *FYI Daily* at 2.05. (HD)(AD) (2005, 12, 98min) ★★

3.00 FILM Stormbreaker: Teen spy adventure. Includes *FYI Daily* at 4.00. (HD)(AD) (2006, PG, 93min) ★★★ **4.55 FILM** Yogi Bear: Family comedy. Includes *FYI Daily* at 5.55. (HD) (2010, U, 80min) ★★★

6.35 FILM Twilight Supernatural romance thriller starring Kristen Stewart and Robert Pattinson. Includes *FYI Daily* at 7.35. (HD)(AD) (2008, 12, 122min) ★★★

9.00 FILM Hot Fuzz Crime comedy starring Simon Pegg, Nick Frost, Timothy Dalton and Jim Broadbent. Includes *FYI Daily* at 10.05. (HD)(AD) (2007, 15, 115min) ★★★★★

11.25 Family Guy (HD)(AD) **12.55am** American Dad! (HD)(AD) **1.50** The Cleveland Show (HD)(AD) **2.45-2.55am** Ashley Roberts: The Hot Desk (HD)

+1 hour: SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am River Cottage Bites (HD) **9.10-11.55** Come Dine with Me (HD) **11.55** Location, Location, Location (HD) **1.00pm LIVE** Channel 4 Racing from Ascot (HD) **2.00-4.45** Four in a Bed (HD) **4.45** Great Canal Journeys: Double bill. (HD)(AD)

6.55 Great Canal Journeys Timothy West and Prunella Scales travel on a canal linking Northern Ireland and the Republic of Ireland. (HD)(AD)

8.00 Grand Designs Kevin McCloud meets a master craftsman who plans to build a castle in rural Devon made entirely of mud. (HD)(AD)

9.00 8 Out of 10 Cats Does Countdown With guest panellists Josie Long and Rob Beckett, with Vic Reeves in Dictionary Corner. (HD) **10.00** With Jason Manford and Stephen Mangan. (HD)

11.05 Father Ted (HD)(AD) **12.10am** Channel 4 Comedy Gala 2015: Best Bits (HD) **1.00** 8 Out of 10 Cats Does Countdown (HD) **3.10-3.55am** Channel 4 Comedy Gala 2015: Best Bits (HD)

+1 hour: SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am The Dog Whisperer (HD) **7.00** Ashley Banjo's Secret Street Crew (HD)(AD) **9.00** Futurama (AD) **9.30** What's Up **NEW EDITION** (HD)

10.00 Soccer AM (HD) **11.30** Premier League Years (HD) **1.30pm** Ghostbusters: Special (HD) **2.00** Guitar Star (HD) **3.00-5.00** Futurama (HD)(AD) **5.00-7.00** Modern Family (HD)

7.00 Modern Family 15/24. Phil and Claire celebrate Valentine's Day with a little role-play. (HD) **7.30** 16/24. Phil is bitten by jealousy after meeting the college professor Claire once dated. (Series 4) (HD)

8.00 Duck Quacks Don't Echo Highlights from the second series of the comedy panel game. (HD)(AD)

9.00 FILM The Rock Action thriller starring Sean Connery and Nicolas Cage. An FBI chemical weapons expert and a convict try to break into Alcatraz to foil a demented US Marine general who has seized the island. (HD) (1996, 15, 136min) ★★★★

11.40 A League of Their Own (HD)(AD) **12.40am** A League of Their Own: Unseen (HD)(AD) **1.10** Karl Pilkington: The Moaning of Life (HD)(AD) **2.10** Caribbean Cops (HD) **3.10** Road Wars (AD) **4.00** Border Security: Canada's Front Line **5.00-6.00am** Gordonstoun: A Different Class (HD)

+1 hour: SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Rude(ish) Tube (HD) **6.20** Jane the Virgin (HD)(AD) **7.05** Baby Daddy (HD) **8.00-10.30** Melissa & Joey (HD)(AD) **10.30** Made in Chelsea: South of France (HD)(AD) **11.30** Rich Kids of Instagram (HD)(AD) **12.30pm** New Girl (HD)(AD)

1.00 The Goldbergs (HD)(AD) **3.00** Brooklyn Nine-Nine (HD)(AD) **4.00 FILM** The Golden Compass: Fantasy adventure. (HD)(AD) (2007, PG, 113min) ★★★ **6.10** Rude(ish) Tube Shorts **6.30** The Big Bang Theory (Series 8) (HD)(AD)

7.30-9.00 The Big Bang Theory 18/24. Leonard is upset when a magazine fails to mention him in an article. (HD)(AD) **8.00** 19/24. Leonard and Sheldon try to meet one of their idols. (HD)(AD) **8.30** 20/24. Howard finds out that he has a half-brother. (Series 8) (HD)(AD)

9.00 FILM The Five-Year Engagement Romantic comedy starring Jason Segel and Emily Blunt. A San Francisco chef and his English girlfriend encounter a series of delays to their planned wedding. (HD) (2012, 15, 119min) ★★★

11.30 Gogglebox (HD) **1.40am** First Dates (HD) **2.40** Rude Tube (HD) **3.35** Charmed **4.15** How I Met Your Mother (HD)(AD) **4.55-6.00am** Revenge (Series 3) (HD)(AD)

+1 hour: SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Living
SKY 107 HD 107/221 | VIRGIN 112 HD 111

6.00am Cooks to Market (HD) **6.15-10.00** My Kitchen Rules: Australia (HD) **10.00** Sun, Sea and A&E: South Africa **11.00** UK Border Force **12.00noon** Nothing to Declare **1.00pm** Bones (HD) **3.00** The Biggest Loser USA (HD) **4.00** Who'd Be a Billionaire **5.00-7.00** Nothing to Declare: Back-to-back editions, including at: **6.30** A traveller tells immigration officers a remarkable story. (HD)

8.00 Bones

7 PM **7.00 Unforgettable** *Breathing Space:* 8/13. Carrie and Delina go undercover to find a killer. (Series 4) (HD)

8 PM **8.00 Bones** *The Beaver in the Otter:* 24/26. A fraternity member is found murdered in a rival school's mascot uniform. (Series 4) (HD)

9 PM **9.00 Criminal Minds** *Nelson's Sparrow:* 13/23. The shocking death of one of their own causes the agents to return to a cold case. (HD)

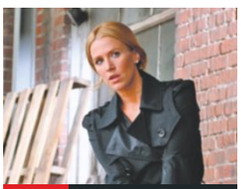
10 PM **10.00** *Hero Worship:* 14/23. The agents race to find a bomber. (Series 10) (HD)

11.00 Criminal Minds (HD) **1.00am** Blindspot (HD) **2.00** Grey's Anatomy (HD) **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am The Guest Wing (HD) **7.00** Networks of Power with Sir Christopher Meyer (HD) **8.00-11.00** Cold Case (HD) **11.00** Micro Monsters with David Attenborough (HD) **12.00noon-5.00pm** Blue Bloods: Back-to-back episodes. (Series 2) (HD) **5.00pm** Without a Trace: *Are You Now or Have You Ever Been?* 21/23. (HD) **6.00** *Fall Out – Part One:* 22/23. (Series 1) (HD)


5.00 Without a Trace

7.00 Without a Trace *Fall Out – Part Two:* 23/23. The kidnapper realises Samantha is an FBI agent and shoots her. (Series 1) (HD)

8.00 *The Bus:* 1/24. A school bus is hijacked by a gang of kidnappers that keeps demanding more ransom money. (Series 2) (HD)

9.00 Game of Thrones *Baelor:* 9/10. Ned faces a fateful decision, Tyrion is forced onto the battlefield, and Daenerys' power comes under threat. (HD) **10.10** *Fire and Blood:* 10/10. (Series 10) (HD)

11.20 Last Week Tonight with John Oliver (HD) **11.55** Looking: The Movie **1.40am** The Sopranos (HD) **2.45** Curb Your Enthusiasm **3.20** Cold Case (HD) **4.15** The Guest Wing (HD) **5.10-6.00am** Networks of Power with Sir Christopher Meyer (HD)

+1 hour SKY 170

GOLD
SKY 110 | VIRGIN 124

7.00-8.50am 'Allo 'Allo! Triple bill. **9.00am-3.00pm** Only Fools and Horses: Back-to-back episodes of John Sullivan's comedy. **3.00-7.00pm** Last of the Summer Wine: As shown at 7.40pm. **4.25** Smiler's wife leaves him. **5.05** Howard decides to leave Pearl. **5.40** Foggy decides to go trekking across the moors. **6.20** Howard threatens to join the French Foreign Legion.

9.10 Clockwise

7.00 Last of the Summer Wine Pearl confiscates Howard's bicycle. **7.40** Christmas special from 1997. Compo and Clegg go to a stag night, where they meet an old school friend. Featuring Frank Thornton's debut in the series as Truly.

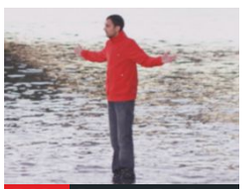
9.10 FILM Clockwise Farcical comedy starring John Cleese and Alison Steadman. (1985, PG, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Monty Python's Best Bits **11.40 FILM** Monty Python Live at the Hollywood Bowl (1982, 15, 105min) ★★★ **1.25am** Monty Python's Best Bits **2.05** The Young Ones **3.25-4.00am** That Mitchell and Webb Look

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 | VIRGIN 127 HD 194 | F'VIEW 12

7.10am Bush Pilots (HD) **8.00** Top Gear (HD) **9.00-10.30** Storage Hunters: Triple bill. (HD) **10.30** Storage Hunters UK (HD) **11.00** Top Gear **1.00pm** Caribbean Premier League T20 Cricket (HD) **5.00** Top Gear: Usain Bolt is the Star in a Reasonably Priced Car. **6.00** The team drives convertibles, the Audi TT, Nissan 350Z and Chrysler Crossfire, to Iceland.


7.00 Dynamo: Top Ten...

7.00 Dynamo: Top Ten Greatest Moments A countdown of the magician's most impressive illusions. (HD)

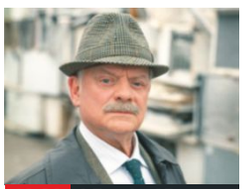
8.00 QI XL Stephen Fry hosts, with The Rev Richard Coles, Sarah Millican, David Mitchell and Alan Davies. (HD)

9.00-11.00 Gavin & Stacey Stacey travels from Wales to London to meet Gavin. (HD) **9.40** Following their first tiff, Gavin drives to Barry Island to resolve things. (HD) **10.20** The couple get engaged. (HD) **11.00** Dave Gorman: Modern Life Is Goodish (HD) **12.00m't** Alan Davies: As Yet Untitled (HD) **1.00am** Dynamo: Top Ten Greatest Moments (HD) **2.00** QI XL (HD) **2.50-4.00** Never Mind the Buzzcocks (HD) **5.00-6.00am** Top Gear (HD)

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 | VIR 117 HD 177 | F'VIEW 10 | F'SAT 115

6.00am Movies Now (HD) **6.10** Judge Judy (HD) **6.30** Where the Heart Is **8.35** Agatha Christie's Sparkling Cyanide **10.35** A Touch of Frost (HD) **12.45pm** Agatha Christie's Marple (HD) **2.50 FILM** The Pure Hell of St Trinian's: Includes *FYI Daily* at 3.50. (HD) (1960, b/w, U) ★★★ **4.55** Midsomer Murders: *Midsomer Rhapsody:* A music manuscript holds the key to a murder.


10.00 A Touch of Frost

7.00 Doc Martin *Remember Me:* 5/8. PC Penhale is shocked by the unexpected arrival of his ex-wife Maggie. (Series 5) (HD)

8.00 Lewis *Intelligent Design:* An elderly don is killed on the night of his release from prison, and Lewis embarks on a relationship with Hobson while investigating the case. (HD)

10.00 A Touch of Frost *Another Life:* Jack returns to duty after a period of suspension, and finds himself investigating the murder of a man who had been leading a double life. (HD)

12.10-2.15am Inspector Morse: *Driven to Distraction.* (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 | VIR 118 HD 178 | F'VIEW 24 | F'SAT 117

6.00am The Saint **6.50** Motorsport UK (HD) **7.40** Shed and Buried (HD) **8.40-11.30** Pawn Stars (HD) **11.30 FILM** The Land That Time Forgot: Includes *FYI Daily* at 12.35. (1974, PG, 91min) ★★★ **1.20pm FILM** Nevada Smith: Western. Includes *FYI Daily* at 2.25. (1966, 15, 135min) ★★★ **4.00** British Touring Car Championship Highlights (HD) **5.30** Storage Wars (HD) **6.00** Motorbike Show (HD)

8.00 Space Cowboys

7.00 TT Blues Isle of Man residents and police officers work together to prepare the island for the TT fortnight. (HD)

8.00 FILM Space Cowboys Sci-fi action adventure directed by and starring Clint Eastwood. Four maverick astronauts are brought out of retirement to repair a malfunctioning Russian satellite. Includes *FYI Daily* at 9.05. (HD) (2000, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 FILM Ransom Thriller starring Mel Gibson. Includes *FYI Daily* at 11.50. (HD) (1996, 18, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05am Minder (Series 1) **2.05-3.00am** Andy Cole: Sports Life Stories (HD)

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 | VIRG 160

6.00-9.00am Border Security: Canada's Front Line **9.00** Air Rescue **10.00am-1.00pm** The Real A&E: Back-to-back editions of the series. **1.00-3.00pm** Nothing to Declare **3.00** Four Weddings **4.00-7.00** Obese: A Year to Save My Life USA: Triple bill. **7.00 Obese: A Year to Save My Life USA** **9.00 Murders That Shocked the Nation: Donald Neilson – The Black Panther** The life of murderer Donald Neilson. **10.00 A Haunting** **11.00** Sexcetera **1.00am** Eurotrash: The Sexy Bits **1.30** Red Shoe Diaries **2.00** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 | VIRG 121

6.00-8.00am Monkey Life **8.00am-12.00noon** Nothing to Declare **12.00noon** Monkey Life **12.30pm** Football's Funniest Moments **1.00-6.00** Relic Hunter **6.00** The Flash (Series 2) **7.00 The Flash** *Family of Rogues:* 3/23. Barry and the team discover Captain Cold has been kidnapped. (Series 2) **8.00 Arrow** *Vertigo:* 12/23. Oliver goes after a drug-dealer. (Series 1) **9.00 Mount Pleasant** 5/8. Lisa catches her mother-in-law shoplifting, and Greg finds a solution to his financial woes. **10.00** 6/8. Lisa and Dan's house is burgled and the culprit takes a photograph. (Series 1) **11.00** Forever **1.00am** Road Wars **3.00** Motorway Patrol **4.00-6.00am** Emergency Abroad

Pick
SKY 152 | VIRG 123 | F'VIEW 11 | F'SAT 144

6.00-8.00am Nothing to Declare **8.00am-1.00pm** 60 Minute Makeover **1.00pm** The Dog Whisperer **3.00** Highway Patrol **4.00-6.00** Motorway Patrol **6.00** Border Security: Australia's Front Line **7.00 UK Border Force** The UK Border Agency. **8.00 Border Security: Australia's Front Line** Following Australian Customs and Border Protection officers. **9.00 Send in the Dogs** An insight into the work of Britain's police dogs. **10.00 Brit Cops: Frontline Crime UK** **11.00** Road Wars **12.00m't** Night Cops **1.00am** Road Wars **2.00** Most Shocking **4.00-6.00am** Motorway Patrol

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 | VIRG 156

7.00am Dash Dolls **8.00** News **9.00** Wags **11.00am-7.00pm** Keeping Up with the Kardashians **7.00pm News** **7.30-11.00 Botched** An actress who has had six nose surgeries. **8.00** A woman seeks help to remedy her facial features. **9.00** A gambler with a serious case of man boobs seeks help. **10.00** Singer Norwood Young undergoes a revision rhinoplasty. **11.00** News **11.30** Botched **12.00m't** Famously Single **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** Dash Dolls **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 | VIRG 126 HD 200

7.00am Murdoch Mysteries (HD) **8.00** Maisie Raine **9.00** The Inspector Lynley Mysteries **12.00noon** Maisie Raine **1.00pm** WPC 56 (HD) **2.00** Judge John Deed **4.00** The Inspector Lynley Mysteries **7.00 Inspector George Gently** *Gently Upside Down:* A schoolgirl with links to a rising TV star is murdered. (HD) **9.00 Father Brown** *The Grim Reaper:* A murder is blamed on a doctor. (HD) **10.00 New Tricks** *Life Expectancy:* A blood-stained bust is uncovered during construction work in a cemetery. (HD) **11.20** Ripper Street (HD) **2.00am** WPC 56 (HD) **2.50-3.50am** Murdoch Mysteries (Series 1) (HD)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 | VIR 119 HD 179 | F'VIEW 26 | F'SAT 118

9.00am Rich Kids of Beverly Hills (HD) **10.00** The Real Housewives of Orange County (HD) **11.00** Bethenny Ever After: Reality show. (HD) **12.00noon** Don't Be Tardy (HD) **12.25pm** Elliott Wright: Playa in Marbella (HD) **1.25** The Only Way Is Essex (HD) **3.00-7.00** Dinner Date (HD) **7.00-10.00 Dinner Date** Jennifer from Essex chooses three dates. (HD) **8.00** David from London looks for love. (HD) **9.00** Luke from Southampton looks for love. (HD) **10.00 Real Housewives of Atlanta** The ladies discuss series seven. (HD) **11.00** The Millionaire Matchmaker (HD) **12.00m't-12.55am** The Jeremy Kyle Show USA

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00am Upstairs, Downstairs **7.55** Heartbeat **11.05** The Darling Buds of May (HD) **12.15pm** The Chief **1.20** Kingdom **4.25-8.00** Agatha Christie's Poirot: Triple bill. (HD) **8.00 Vera** *Muddy Waters:* A body is dredged up from a slurry pit on a remote farm. (HD) **10.00 DCI Banks** *Bad Boy – Part One:* An operation to retrieve a gun goes wrong, leading to an internal investigation. (HD) **11.00** *Bad Boy – Part Two:* Al offers to help Banks get his abducted daughter back. (HD) **12.05am** Jordskott (HD) **1.20** Micawber **2.20** The Americans (HD) **3.05** Homefront (HD) **4.00** Peak Practice **5.50-6.00** Movies Now (HD)

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle (HD) **9.00** That '70s Show **10.00am-12.00noon** Friends (Series 5) (HD)
12.00noon The Middle (HD) **1.00pm** Impractical Jokers (HD) **2.00** Criminally Funny: Caught In The Act (HD)
3.00-7.00 Friends: Back-to-back episodes, including at: **6.00** 17/24. Rachel attends a job interview. (HD) **6.30** 18/24. Joey competes against Ross's son. (Series 5) (HD)

9.00 Lee Evans: Big...

7.00 Friends 19/24. Ross flirts with a pizza-delivery woman. (HD) **7.30** 20/24. The guys enjoy a ride in a police car. (Series 5) (HD)

8.00 Impractical Jokers Never-before-seen footage. (HD) **8.30** The pranksters cause mischief at a grocery store. (HD)

9.00 Lee Evans: Big – Live at the O2 A performance by the stand-up comedian at London's O2. (HD)

10.00 FILM Kevin Hart – Let Me Explain: The stand-up comedian performs. (2013, 15, 45min) ★★ **11.00 FILM** A Haunted House: Found-footage horror movie spoof. (HD) (2013, 15, 84min) ★
12.45am Chris Ramsey at the Comedy Store (HD) **1.15** South Park (HD) **2.45** Bob's Burgers (HD) **3.45-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Quantum Leap **8.00** Teleshopping **11.00** Fact or Faked: Paranormal Files **12.00noon FILM** Mythica: A Quest for Heroes: Fantasy. (2015, 12, 88min) ★★
2.00pm FILM 2012: Ice Age (2011, 12, 87min) ★ **4.00 FILM** Dracano: Adventure. (2013, PG, 91min) ★★ **6.00** The Captains Close Up
6.30 FILM Lara Croft Tomb Raider: The Cradle of Life: Fantasy adventure sequel. (2003, 12, 117min) ★★★

9.00 Defendor

FILM Lara Croft Tomb Raider: The Cradle of Life (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM PREMIERE Defendor Comedy drama starring Woody Harrelson and Kat Dennings. (2009, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 FILM Death Race: Inferno: Sci-fi thriller. (2012, 18, 100min) ★★ **1.20am FILM** Starship Troopers 2: Hero of the Federation: Sci-fi thriller sequel. (2004, 18, 91min) ★★ **3.20** Todd & the Book of Pure Evil **4.00-6.00am FILM** F6 Twister (2012, PG, 90min) ★★

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.10am DIY SOS: The Big Build (HD) **7.00** DIY SOS: Children in Need Special (HD) **8.00** DIY SOS: Million Pound Build for Children in Need 2013 (HD)
9.00am-2.10pm The Bill: Back-to-back episodes. **2.10pm** EastEnders: Omnibus episode. (HD)
4.50 Extreme Makeover: Home Edition: Transforming the home of a wheelchair user. **6.40** Helping a former police officer who was shot on duty.

10.10 Sherlock

7.35 Outnumbered Sue and Pete try to resolve their differences, but Karen is unimpressed, and Ben decides to recreate an assault on Everest. **8.20** The Brockmans have to make some tough decisions. (HD)

9.00 Jonathan Creek *Time Waits for Norman:* The case of a man with an acute fear of watches and clocks who appears to have defied the laws of time.

10.10 Sherlock *The Blind Banker:* 2/3. An ominous symbol begins to appear on walls around London. (Series 1) (HD)

12.10am Motorway Cops (HD) **1.10-3.00am** Being Human USA (Series 2) (HD)

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am Fairly Legal (HD) **7.00** Teleshopping **8.00** Sea Patrol (HD) **9.00am-5.00pm** NCIS: Back-to-back episodes. (Series 4) (HD)
5.00pm Royal Pains **NEW EPISODE** *False Start:* 2/8. Hank treats a triathlete who gives him some dating advice. (Series 7) (HD)
6.00 White Collar: *Quantico Closure:* 7/13. Neal investigates the mystery of the Codex. (Series 5) (HD)

5.00 Royal Pains

7.00 White Collar *Digging Deeper:* 8/13. Neil and Peter try to track down a stolen Tyrannosaurus Rex skeleton. (Series 5) (HD)

8.00 FILM Beverly Hills Cop II Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Judge Reinhold and Brigitte Nielsen. (HD) (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Law & Order: Special Victims Unit *Inconceivable:* 14/19. Fertilised embryos are stolen from a sperm bank. (Series 9) (HD)

11.00pm-4.00am Law & Order: Special Victims Unit (Series 9&16) (HD) **4.00-6.00am** NCIS (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Cops: Double bill. (HD) **9.00am-4.00pm** NCIS: Back-to-back episodes. (Series 9&13) (HD)
4.00-7.00pm The Closer: *The Other Woman:* 10/15. Brenda is called to testify in Pope's divorce settlement. (HD) **5.00** *Borderline:* 11/15. Brenda investigates three murders. (HD) **6.00** *No Good Deed:* 12/15. Brenda investigates a teenager's death. (Series 2) (HD)

4.00 The Closer

7.00 The Closer *Overkill:* 13/15. The wife of a crime boss is murdered in FBI custody, and Brenda suspects a corrupt agent is to blame. (HD)

8.00 *Serving the King – Part One:* 14/15. Brenda investigates a murder linked to a terrorist group. (Series 2) (HD)

9.00 Family Guy Brian becomes an estate agent after having cosmetic surgery. (HD) **9.30** Brian dates a blind girl. (HD)

10.00 American Dad! Hayley regresses to her six-year-old self. (HD) **10.30** Stan loses his job at the CIA. (HD)
11.00 Family Guy **12.00m't** American Dad! (HD) **1.00am** Family Guy **2.00** American Dad! (HD) **3.00** Family Guy **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Talks Music (HD) **7.00** Cream Live at the Royal Albert Hall (HD) **9.00** Beat Beat Beat (HD) **9.15** Art Blakey and the Jazz Messengers: Live in '58
10.30 Discovering: Brigitte Bardot (HD) **11.00** The South Bank Show Originals (HD) **12.00noon** Portrait Artist of the Year 2014 (HD)
1.00pm Guitar Star (HD) **2.00** The Mikado (HD) **4.45** David Bowie – A Reality Tour (HD) **6.00** REM by MTV (HD)

9.00 Cambridge Folk...

REM by MTV (started at 6.00pm)

8.00 Soundbreaking 7/8. A look at the emergence and influence of the music video. (HD)

9.00 NEW SERIES Cambridge Folk Festival 2016 1/2. Highlights from the annual event at Cherry Hinton Hall, where performers included KT Tunstall, Christy Moore, Gogol Bordello and Kate Rusby. (HD)

11.00 Soundstage Presents Joan Baez (HD) **12.15am** Greenwich Village: Music That Defined a Generation (HD) **2.10** Trailblazers: Heavy Metal (HD) **3.10** Dag (HD) **4.10** Cave Digger (HD) **5.00-6.00am** Cirque du Soleil: Fire Within

Saturday

7 PM
8 PM
9 PM
10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

8.30am The Key of David **9.00am-2.15pm** Star Trek **2.15pm** The Twilight Zone **3.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00** Gunsmoke
7.00 Gunsmoke *Danny:* 4/26. One of Kitty's old friends tries to 'go out with a bang' in Dodge. (Series 15)
8.00 CSI *Shooting Stars:* 4/24. A couple discover a body dumped in their garden. (Series 6)
9.00 NCIS *Smoked:* 10/24. FBI agents try to seize control of an investigation. **10.00** *Driven:* 11/24. A robotic vehicle causes the death of a navy lieutenant. (Series 4)
11.00pm-1.50am NCIS: Triple bill. (Series 4) **1.50am** Star Trek: Beyond The Final Frontier **3.35-6.00am** CSI (Series 6)

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

7.30am Tomorrow's World **9.00am-2.00pm** CSI **2.00pm FILM** Miss Lettie and Me: Christmas melodrama. (2002, U, 95min) ★★ **4.00-7.00** Judge Judy
7.00-9.00 Judge Judy Back-to-back editions of real-life small-claims cases on issues affecting family life, presided over by former New York judge Judy Sheindlin.
9.00 Unsolved Mysteries Examining how a dangerous man escaped whilst being transferred from prison to court. **10.00** Investigating alternative theories about Elvis Presley's death, and the case of a former police chief who became a murderer.
11.00pm-3.50am Cheaters: Hidden camera show. **3.50-5.00am** Judge Judy

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00am-12.00noon Phil: Secret Agent Down Under (HD) **12.00noon** Couples Come Dine with Me (HD) **2.00pm** A Place in the Sun: Summer Sun (HD) **4.00** A Place in the Sun: Home or Away (HD) **5.00** Location, Location, Location (HD)
6.00 Ramsay's Kitchen Nightmares USA **7.00** The World's Weirdest Weather (HD) **8.00** Flying to the Ends of the Earth (HD) **9.00** Celebrity First Dates (HD) **10.00** Gogglebox: Brexit Special (HD) **11.05** Naked Attraction (HD)
12.10am Friday Night Dinner (HD) **12.45** The Job Interview (HD) **1.40** The Three Day Nanny (HD) **2.35** Walking the Himalayas (HD) **3.25** The World's Weirdest Weather (HD) **4.20-4.50am** Meet What You Eat (HD)

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **11.05 FILM** A Surrogate's Terror: Drama starring Cassie Steele. (2014, PG, 83min) ★★
12.55pm FILM Guilty at 17: Crime drama. (2014, PG, 90min) ★★ **2.45** CSI **3.45** The Mysteries of Laura **5.40** Columbo: Murder Under Glass
7.15 FILM A Teacher's Obsession Thriller starring Molly Hagan. (2015, PG, 83min) ★★
9.00 NCIS: Shoot to Kill *Ships in the Night:* 11/24. The agents investigate the death of a Marine during a cruise. (Series 8)
10.00 The Mysteries of Laura Double bill.
11.55 CSI: NY **12.55am** CSI: Miami **1.55** CSI: NY **2.50** Chicago Fire **3.35-4.00am** True Crimes: The First 72 Hours

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Access **8.10** That '70s Show **9.00am-1.35pm** My Wife and Kids **1.35pm** Celebrity Big Brother: The Eviction – Part One and Two
3.05 FILM Pudsey the Dog: The Movie: Comedy. (2014, U, 85min) ★ **4.50 FILM** Holy Man: Satirical comedy. (1998, PG, 109min) ★★
7.05 FILM Cheaper by the Dozen 2 Comedy sequel starring Steve Martin and Bonnie Hunt. (2006, PG, 94min) ★★★★
9.00 Ultimate Celebrity Power Couples 2016 A countdown of the biggest celebrity couples of 2016.
11.00 FILM Step Brothers (2008, 15, 97min) ★★★★ **1.05am** American Horror Story: Asylum **1.55** Sing It On! **2.50-4.00am** Ridiculousness

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am FILM The Watsons Go to Birmingham: Drama. (2013, PG, 90min) ★★★ **8.00am-1.00pm** Little House on the Prairie
1.00pm FILM Blue Valley Songbird (1999, PG, 88min) ★★ **3.00 FILM** Brave New Girl: Drama. (2004, PG, 90min) ★★ **5.00 FILM** Birth of the Beatles: Musical biopic. (1979, 15, 104min) ★★
7.00 The Beatles – Blue Album Album review.
8.00 Bob Marley – Legend
9.00 Elvis Presley – The Rock and Roll Years
10.00 The Beatles – Blue Album As 7.00pm.
11.00 FILM Pink Floyd – The Wall (1982, 15, 60min) ★★★ **12.00m't FILM** Killer Instinct: From the Files of Agent Candice DeLong (2003, PG, 90min) ★★ **2.00-3.00am** The Rise and Fall of the Krays

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10-11.00am Lovejoy **11.00** Sharpe **1.00-6.00pm** New Tricks **6.00pm** Inspector Alleyn Mysteries
8.00 Murdoch Mysteries *Stroll on the Wild Side – Part Two:* Murdoch meets Falcone and makes a deal to ensure Anna's safety.
9.00 Spooks *Frequently Asked Questions:* 9/10. The team apprehends an infamous arms dealer, who warns them that a missile attack on London has been planned. (Series 3)
10.20 Waking the Dead *Cold Fusion:* The team reopens a murder case Spencer worked on while he was employed as a policeman at the Atomic Energy Commission.
12.50am New Tricks: Double bill. **3.15-4.00am** The Indian Doctor

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM Shattered Glass Fact-based drama starring Hayden Christensen as ambitious young journalist Stephen Glass, who fabricated a series of articles for US current affairs journal *The New Republic*. (2003, 12, 94min) ★★★★

7.00 FILM Enigma World War Two spy thriller starring Kate Winslet and Dougray Scott. (2001, 15, 119min) ★★★

9.15 FILM Brooklyn Rules Coming-of-age comedy starring Freddie Prinze Jr. (2007, 15, 99min) ★★

11.20 Weeds **12.30am FILM** Finding Graceland: Road movie. (1998, PG, 97min) ★★ **2.30 FILM** Mulholland Falls: Period thriller. (1995, 18, 106min) ★★★ **4.45** Big Screen **5.00-5.30am** Hollywood's Best Film Directors

CBS Reality

SKY 146 VIRGIN 148 F'VIEW 66 F'SAT 135

9.00am-3.00pm Judge Judy: Back-to-back editions. **3.00pm** It's a Miracle with Roma Downey **5.00** Unsolved Mysteries

7.00 Hoarders The team helps a man who is forced to live in his bathroom. **8.00** A home crammed with bottles of human waste.

9.00 Forensic Investigators Police investigate the case of two men who mysteriously disappeared and whose burnt remains were later found. **10.00** How police were able to shed light on the murder of a 15-year-old girl using evidence from the scene of an attack 10 years later.

11.00pm-3.00am Forensic Investigators **3.00am** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 VIRG 201 F'VIEW 67 FSAT 136

Challenge

SKY 145 VIRGIN 139 F'VIEW 46 F'SAT 146

6.00-7.30am All New Blockbusters: Triple bill. **7.30** Blockbusters **8.00** Catchphrase: Double bill. **9.00** TNA Xplosion 2016 **10.00** Gladiators **11.00** American Ninja Warrior

12.00noon-2.30pm Strike It Lucky: Back-to-back editions. **2.30-5.00** Bruce's Price Is Right: Back-to-back editions. **5.00-7.00** Catchphrase: Back-to-back editions.

7.00-11.00 The Chase Bradley Walsh presents as four contestants work as a team to take on quiz genius The Chaser, to try and secure a cash prize.

11.00pm Bullseye Double bill. Quiz that tests contestants' skill at darts and their general knowledge.

12.00m't-5.00am Bullseye: Back-to-back editions. **5.00-6.00am** Catchphrase

+1 hour SKY 164 VIRG 180 FSAT 147

Comedy Central Extra

SKY 128 VIRGIN 182

9.00am Malcolm in the Middle **10.00am-12.00noon** The Middle (Series 5) **12.00noon** Impractical Jokers **1.00pm** Friends **2.00-4.00** The Middle **4.00-7.00** Impractical Jokers

7.00 Impractical Jokers The guys work behind the counter of a famous New York City deli. **7.30** The guys pose as blackjack dealers.

8.00-10.00 The Middle Back-to-back episodes. (Series 5)

10.00 Friends 10/24. Ross dresses as an armadillo. **10.30** 13/24. Phoebe has a surreal day at work. (Series 7)

11.00 Friends **12.00m't** Rhod Gilbert and the Award-Winning Mince Pie **1.00am** Al Murray Live at the O2 **3.10** Lee Nelson Live **4.10** Sir Leslie Quint: A Life in Film **4.20-6.00am** The King of Queens (Series 7)

+1 hour SKY 159

DMax

SKY 167 VIRGIN 170

6.00am Operation Repo **7.00** Custom My Ride **8.00** American Chopper **10.00am-7.00pm** Bear Grylls: Born Survivor

7.00-10.00 Bear Grylls: Born Survivor Former Special Forces adventurer Bear Grylls demonstrates how to survive in Ecuador's jungles. **8.00pm** Bear demonstrates how to survive in the harsh Australian outback, including finding food and avoiding sunstroke and crocodiles. **9.00** The adventurer returns to the wilderness of Alaska to survive the dangerous terrain of the Last Frontier.

10.00 Squeamish Double bill.

11.00 Amish Mafia **12.00m't** American Chopper **2.00am** Custom My Ride **3.00** Operation Repo **3.50** Amish Mafia **4.40** American Hot Rod **5.30-6.00** Mystery Hunters

+1 hour SKY 233 VIRG 171

Food Network

SKY 248 VIRGIN 291 F'VIEW 41 F'SAT 148

6.00-8.00am Barefoot Contessa – Back to Basics **8.00** Anna Olson: Fresh **9.00-11.00** Forever Summer with Nigella **11.00am-1.30pm** Jamie's 15 Minute Meals **1.30-7.00** Man v Food

7.00pm Man v Food A spicy ramen made with 10 different chillies in Los Angeles. **7.30** Adam Richman is challenged to eat 12 of the spiciest hot wings in San Jose, without having a drink.

8.00 Diners, Drive-Ins and Dives An Eastern European restaurant in Tacoma. **8.30** A Mediterranean lamb burger in Los Angeles.

9.00 Ramsay's Best Restaurant The finalists prepare food at Gordon Ramsay's London restaurant.

10.00 Restaurant: Impossible

12.00m't-3.00am Diners, Drive-Ins and Dives

+1 hour SKY 250 FSAT 149

Good Food

SKY 133 HD 133/255 VIRG 278 HD 280

6.00am-7.00pm James Martin: Home Comforts: Back-to-back editions. (HD)

7.00-11.00 James Martin: Home Comforts Chef James Martin prepares his favourite pick-me-up recipes including a squash and lime soup. (HD) **8.00pm** Home-cooked recipes that could pass as restaurant dishes, including a show-stopping Crown of Lamb. **9.00** Transforming simple recipes into special treats – including cinnamon rolls, roast lamb with home-made mint jelly and vanilla-cured salmon. **10.00** Recipes that can be prepared in advance, including chicken chasseur and pork loin stuffed with chestnuts.

11.00pm-2.00am James Martin: Home Comforts: Triple bill. (HD) **2.00am** Home Shopping **5.00-6.00am** Carnival Eats (HD)

+1 hour SKY 243 VIRG 279

Home

SKY 196 VIRGIN 281 F'VIEW 25

7.00am Homes Under the Hammer **9.00am-12.00noon** Extreme Fishing with Robson Green **12.00noon** A Place in the Sun: Home or Away

2.00pm Homes Under the Hammer **4.00-5.30** Jamie's Summer Food Rave Up **5.30-7.00** Jamie's 30 Minute Meals

7.00 DIY SOS: The Big Build Adapting the home of a former paratrooper who struggles to walk unaided. **8.00** The team renovates the home of a woman unable to walk or talk since suffering a brain infection.

9.00 Escape to the Country A home in rural Devon. **10.00** A couple search for their first home in Devon.

11.00 DIY SOS: The Big Build **1.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 VIRG 282

Home & Health

SKY 240 VIRGIN 284

6.00-9.00am Deliver Me **9.00** St Louis: Children's Hospital **10.00** Lottery Changed My Life **12.00noon** Country House Rescue **2.00pm** Buying The Rockies **3.00-7.00** Homes Under the Hammer

7.00 Homes Under the Hammer Properties in Manchester, Kent and Devon. **8.00** Properties in Manchester and Plymouth and a site in London.

9.00 Monsters Inside Me Featuring an infection that is eating a man's face.

10.00 Untold Stories of the ER Doctors are baffled when a stroke patient's heart keeps stopping and restarting without intervention.

11.00 Untold Stories of the ER **12.00m't** Monsters Inside Me **1.00am** Country House Rescue **3.00-6.00am** Deliver Me: Triple bill.

+1 hour SKY 241 VIRG 285

Lifetime

SKY 156 HD 156/236 VIRG 208 HD 209

6.00-10.00am Judge Judy (HD) **10.00am-2.00pm** Hoarders: Family Secrets (HD) **2.00-7.00** The Real Housewives of New Jersey: Back-to-back editions. (HD)

7.00pm Dance Moms: Abby's Studio Rescue A studio owner rejects help. (HD)

8.00 Atlanta Plastic Dr Baron operates on a patient's stomach. (HD)

9.00 FILM Adopting Terror Drama thriller starring Sean Astin. A couple adopt a neglected girl, only to be terrorised by her birth-father. (HD) (2012, PG, 89min) ★★

10.45 Wahlburgers Mark challenges his assistant and friend to a weight loss contest. (HD)

11.15 Wahlburgers (HD) **11.45pm-3.00am** Hardcore Pawn (HD) **3.00-6.00am** Storage Wars (HD)

+1 hour SKY 197

Quest

SKY 144 VIRG 172 F'VIEW 37

6.00am-7.00pm Wheeler Dealers: Back-to-back editions of the series with Edd China and Mike Brewer.

7.00pm Salvage Hunters Drew Pritchard discovers desirable collectibles at an aeroplane scrapyard. **8.00** Drew purchases some medieval shields while examining a collection of costumes and weaponry.

9.00 Couples Who Kill A woman and her two companions quickly outstay their welcome at her grandfather's home.

10.00 Dallas DNA The case of a man who was wrongly jailed for a sexual assault.

11.00 Most Evil **12.00m't** Forensic Detectives **1.00am** Cold Case: Jack the Ripper **2.00** Disappeared **3.00-5.00** Destroyed in Seconds **5.00-6.00am** A Racing Car Is Born

+1 hour SKY 195 VIRG 173 F'VIEW 38

Really

SKY 155 VIRGIN 129 F'VIEW 17 F'SAT 160

6.00am The Clothes Show **7.00** Home Shopping **8.00** Serious Crash Unit **9.00** Motorway Cops **11.00** Escape to the Country

1.00pm Escape to the Country **2.00** DIY SOS: The Big Build **4.00** Homes Under the Hammer **6.00** Escape to the Country

7.00 Escape to the Country A rural home in South Wales. **8.00** A home in Suffolk.

9.00 Helicopter Heroes The work of the Yorkshire Air Ambulance service.

10.00 Louis Theroux: America's Most Dangerous Pets Louis heads to America to meet people keeping wild animals in captivity, including a woman who shares her home with 20 chimpanzees.

11.00 Got Home Alive **12.00m't** Slaughter at the Farm: Countdown to Murder **1.00am** Serious Crash Unit **2.00** Home Shopping **4.00-6.00am** The Clothes Show

Shed

SKY 242 VIRGIN 286

6.00-8.00am Off the Hook: Extreme Catches **8.00** Total Fishing with Matt Hayes **9.00** The Fishing Adventurer **11.00** Mythbusters

1.00-3.00pm Off the Hook: Extreme Catches **3.00pm** Total Fishing with Matt Hayes **4.00** The Fishing Adventurer **6.00** Property Wars

7.00 Overhaulin' The team restores a Model A Ford. **8.00** Chip Foose and the team work on a 1972 Cutlass.

9.00 Tattoo Hunter Lars Krutak heads for the Brazilian jungle in search of a cannibal tribe. **10.00** Lars meets the Betammaribe 'scar masters' of Benin, west Africa.

11.00 Manhunt **12.00m't** Chaos Caught on Camera **1.00am** Destroyed in Seconds **2.00** The Fishing Adventurer **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 VIRGIN 193

7.00am-1.00pm Ghost Hunters **1.00pm FILM** The Natural: Baseball drama starring Robert Redford. (1984, PG, 137min) ★★★

3.45 Sony Movie News Extra **3.55 FILM** Les Misérables: Screen adaptation of Victor Hugo's classic novel starring Liam Neeson and Geoffrey Rush. (1998, 12, 134min) ★★

6.40 FILM Mr Jones Romantic psychological drama starring Richard Gere and Lena Olin. (1993, 15, 114min) ★★

9.00 FILM Primal Fear Courtroom thriller starring Richard Gere, Edward Norton and John Mahoney. (1996, 18, 129min) ★★★

11.40 FILM Courage Under Fire: Military drama starring Denzel Washington. (1996, 15, 116min) ★★★ **2.00am** Ghost Hunters International **3.05-4.00am** Ghost Hunters

+1 hour SKY 181

Spike

SKY 160 F'VIEW 31 F'SAT 141

9.00am Access **9.05** FIA World Rally Championship Highlights **10.15** Police Interceptors: Double bill.

12.15pm FILM Seven Thunders: World War Two drama. (1957, b/w, PG, 100min) ★★★ **2.20 FILM** Cromwell: Historical epic starring Richard Harris. (1970, PG, 141min) ★★★ **5.00** Police Interceptors: Triple bill.

8.00 Beware: Robbers on the Rampage The use of CCTV cameras to make Britain's streets safer.

9.00 Kicking Off: Caught on Camera Examining the use of CCTV to fight crime.

10.00 FILM Crank: High Voltage Thriller sequel. (2009, 18, 91min) ★★★

11.45 Access: Showbiz news. **12.00m't** Sweat Inc **NEW EDITION 12.55am** Football on 5: The Championship **1.55** Football on 5: Goal Rush **2.30-3.00am** Police Interceptors: Special Edition

TLC

SKY 125 HD 125/234 VIRG 167 HD 168

6.00-10.00am Say Yes to the Dress: Randy Knows Best (HD) **10.00am-2.00pm** Say Yes to the Dress **2.00-6.00** Say Yes to the Dress: Atlanta: (HD) **6.00pm** Say Yes to the Dress Canada (HD)

7.00 I Am Jazz (HD)

8.00 My Giant Life Lindsay plans her acting career. (HD)

9.00 Undressed A woman hopes to find a physically strong man. (HD) **9.30** A mother and daughter both take part in the experiment. (HD)

10.00 Devious Maids Carmen tries to make piece with Daniela. (HD)

11.00 Mistresses (HD) **12.00m't** My Giant Life (HD) **1.00am** Undressed (HD) **2.00** Devious Maids (HD) **3.00** Say Yes to the Dress **4.00-6.00am** Say Yes to the Dress: Atlanta (HD)

+1 hour SKY 154 VIRG 169

TruTV

SKY 198 VIRGIN 212 F'VIEW 68 F'SAT 154

6.00am-4.00pm Psychic Detectives: Back-to-back editions. **4.00pm** America's Got Talent: Double bill.

8.00-10.00 Caught Red Handed Shoplifting crimes under investigation by US loss-prevention agents. **8.30** Hidden cameras expose a corrupt employee at an electronics store in New York. **9.00** Thieves tackle a high-end LA supermarket. **9.30** Re-enactments of shoplifting crimes.

10.00 America's Got Talent Having sat through the auditions, Simon Cowell, Howie Mandel, Mel B and Heidi Klum now begin the process of the Judge Cuts, choosing who they want to go through to the next round.

12.00m't America's Got Talent **2.10-5.00am** Hot Bench **5.00-6.00am** Psychic Detectives: Double bill.

+1 hour SKY 271

YourTV

SKY 199 F'VIEW 72 F'SAT 157

9.00am Corrupt Crimes **10.00am-3.00pm** Murder She Solved **3.00-7.00** Snapped: Women Who Kill

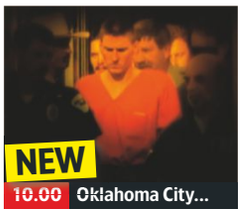
7.00-11.00 Snapped: Women Who Kill The case of teenager Linda Pedroza, who murdered her mother before disposing of the body in woods. **8.00pm** The case of teenage bride Ashley Humphrey, who murdered a woman accusing her husband of assault. **9.00** The case of Larissa Schuster, who with accomplice James Fagone attacked her husband Timothy and killed him by placing his unconscious body in a tank of hydrochloric acid. **10.00** A young Marine dies of an apparent heart attack, but test results reveal arsenic in his system.

11.00 Snapped: Women Who Kill **1.00-3.00am** Corrupt Crimes: Back-to-back editions of the series.

Discovery

SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am How It's Made (HD) **7.00** Extreme Car Hoarders (HD) **9.00** Fast N' Loud (HD) **11.00** Wheeler Dealers (HD)
1.00-7.00pm Diesel Brothers: Back-to-back editions, including at: **4.00pm** Heavy D defies Redbeard's budget rules. (HD) **5.00** The Dieselsellerz crew builds a hybrid for stunt driver Tanner. (HD) **6.00** The crew races to finish an F550 before the SEMA trade show. (HD)



7.00 Diesel Brothers Heavy D searches for the next giveaway truck, and Diesel Dave locates a sought-after quad-cab Dodge. (HD)

8.00 SERIES FINALE The team must import from Sweden when Black Rhino Tools request a show-stopping build for a show. (HD)

9.00 Bear Grylls: Born Survivor Bear heads for Alabama, where he tackles freezing white water and a raging forest fire. (HD)

10.00 NEW Oklahoma City Bomb: Crimes of the Century Investigating those responsible for the 1995 bombing. (HD)
11.00 A Crime to Remember (HD) **12.00m't** Fast N' Loud (HD) **2.00am** Mythbusters (HD) **3.50** Wheeler Dealers (HD) **4.40-6.00am** How It's Made

+1 hour SKY 521 VIRGIN 252

Animal Planet

SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00am-3.00pm** Tanked (HD)
3.00-5.00 Treetop Cat Rescue (HD) **5.00pm** Insane Pools: Off the Deep End: A koi pond project is transformed into a backyard oasis. (HD)
6.00 Treehouse Masters: Pete Nelson makes his daughter a treetop hideaway as a housewarming gift. (HD)

7.00 Tanked Wayde King and Brett Raymer construct a tank for a communications company, shaped like a giant telephone. (HD)

8.00 Treehouse Masters NEW EDITION A family wants a camouflage structure that will also serve as a guest house for visiting relatives. (HD)

9.00 Constructing a clubhouse for a summer camp for children battling cancer. (HD)

10.00 The Pool Master A family wanting the pool of their dreams. (HD)
11.00 Animal Cops Houston (HD) **1.00am** Treehouse Masters (HD) **3.00** The Pool Master (HD) **3.50** Alaska: The Last Frontier (HD) **4.40** Whale Wars (HD) **5.30-6.00am** Snow Leopards of Leafy London (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic

SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am-1.00pm Big, Bigger, Biggest (HD) **1.00pm** Icebreakers – Arctic Giants (HD) **2.00** London Underground Revealed (HD)
3.00 Big, Bigger, Biggest: History's Toughest Prisons (HD) **4.00** Big, Bigger, Biggest: The Tallest Towers (HD) **5.00** The World's Fastest Train (HD)
6.00 Breakout: How three political prisoners escaped a South African jail. (HD)

7.00-10.00 Breakout Matthew Williams describes how he and two fellow inmates broke out of Parkhurst Prison in 1995. (HD)

8.00 Harold Laird discusses his escape from Stiles maximum security prison in Texas, revealing how everyday items helped him. (HD)

9.00 The case of Rondell Reed and Levi Taylor, who evaded security at the Indian River County Jail in Florida to make their escape in 2011. (HD)

10.00 X: The Generation that Changed the World The influence of people born between 1961 and 1981. (HD)
11.00 X: The Generation that Changed the World (HD) **12.00m't** 80s Greatest (HD) **1.00am** 90s Greatest (HD) **2.00-5.00am** Big, Bigger, Biggest: Triple bill. (HD)

+1 hour SKY 527 VIRGIN 267

History

SKY 529 HD 529/545 VIRGIN 270

8.00am American Restoration: Double bill. (HD) **10.00am-12.00noon** Storage Wars: Back-to-back editions. (HD)
12.00noon Ax Men (HD) **2.00pm** American Pickers (HD) **4.00** American Restoration (HD)
5.00-7.00 Storage Wars: Back-to-back editions, including at: **6.00** A Californian town rich in Spanish-American culture. (HD) **6.30** Barry Weiss hires a psychic. (HD)

7.00 Storage Wars Brandi and Jarrod buy a locker of dinosaur bones. (HD) **7.30** The buyers take a first trip to Hollywood.

8.00 Mountain Men Following the lives of men living off the land in some of America's most inhospitable mountain ranges. (HD)

9.00 The Bastard Executioner *Pilot – Part One:* Historical drama starring Lee Jones. A former knight poses as an executioner in a bid to punish the villainous lord who betrayed him on the battlefield years earlier. (HD)

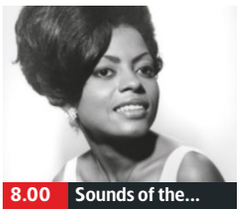
10.15 Storage Wars (HD) **11.15** The Curse of Oak Island (HD) **12.15am** Storage Wars (HD) **1.15** The Bastard Executioner (HD) **2.30-5.00am** Storage Wars (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday

SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Chris Tarrant: Extreme Railways **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets
11.00 Impossible Engineering **12.00noon** Chris Tarrant: Extreme Railways **1.00pm** The World at War **2.00** Monarchy by David Starkey
3.00 Museum Secrets **4.00** Impossible Engineering **5.00** Chris Tarrant: Extreme Railways **6.00** The World at War



7.00 Monarchy by David Starkey The medieval kings immortalised by Shakespeare – from Richard II to Henry VI.

8.00 Sounds of the Sixties With The Kinks and The Who. **8.30** Featuring Pink Floyd, The Rolling Stones and Jimi Hendrix.

9.00 Sounds of the Seventies Featuring music by David Bowie. **9.35** Aretha Franklin and Michael Jackson.

10.00 New York Rock at the BBC Performances by the Ramones, Lou Reed and Blondie.

11.00 Sounds of the Sixties **12.00m't** Museum Secrets **1.00am** New York Rock at the BBC **2.00-3.00am** The World at War

+1 hour SKY 538 VIRGIN 246

Eden

SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am World's Oddest Animal Couples (HD) **10.00am-12.00noon** Deadly 60: Back-to-back editions. (HD)
12.00noon-3.05pm Brazil with Michael Palin: Triple bill. (HD) **3.05-5.00** Deadly 60: Back-to-back editions. (HD)
5.00pm Brazil with Michael Palin: Michael finds a rich diversity of people in the Brazilian south. (HD) **6.00** Exploring the north-east of Brazil. (HD)

7.00 Brazil with Michael Palin The *Monty Python* star travels from the northern border to the capital, Brasilia. (HD)

8.00-10.00 Deadly 60 Steve and the team head to Norway. (HD) **8.30** The deadly capabilities of animals native to the UK. (HD)

9.00 Steve Backshall visits the marshlands of Argentina. (HD) **9.30** Steve searches for giant otters in Peru. (HD)

10.00pm-1.00am Brazil with Michael Palin Triple bill. (HD)
1.00-3.00 Deadly 60: Back-to-back editions. (HD) **3.00-5.30** Brazil with Michael Palin: Triple bill. (HD) **5.30-6.00am** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Saturday

7 PM

8 PM

9 PM

10 PM

Disc. History

SKY 535 VIRG 262

6.00am Aircraft Stories **8.00** Battlefield **10.00** Hitler's Children **11.00** How We Got Here **12.00** Mysteries of Asia
2.00pm Time Team **3.00** Waterloo: The Ultimate Battle **4.00** Battlefield **6.00** Wartime Secrets with Harry Harris
7.00 Time Team
8.00 How We Built the Bomb The world's first nuclear bomb.
10.00 The Rise of the Nazi Party The Nazis try to sell the idea of the Final Solution.
11.00 Wartime Secrets with Harry Harris **12.00m't** Battlefield **2.00am** Special Forces' Secrets **3.00** Nazi Cavemen **4.00** Hitler's Children **5.00-6.00am** How We Got Here

+1 hour SKY 536 VIRG 263

Disc. Science

SKY 525 VIRG 259

6.00am Food Factory **7.00-10.00** Extreme Engineering **10.00** Rory McGrath's Best of British Engineering **11.00** Home Factory **12.00noon-7.00pm** World's Top 5
7.00pm How Do They Do It? Making military helicopters, designing metro systems and engineering artificial reefs.
8.00 Race to Escape Two teams must solve mind-bending puzzles to escape locked Chinese restaurants.
9.00 Superyachts A retired chief executive tries to design his own luxury yacht.
10.00 Ghost Asylum **NEW EDITION 11.00** Finding Bigfoot **2.00-5.30am** World's Top 5 **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild

SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00-11.00am Monster Fish (HD) **11.00** Beast Man (HD) **12.00noon** Secret Brazil (HD)
2.00-5.00pm Amazonia (HD) **5.00pm** World's Deadliest Animals (HD) **6.00** Natural Born Monsters (HD)
7.00 Man v Monster Searching for a mythical beast in the Amazon rainforest. (HD) **8.00** An unidentified creature in the Amazon rainforest. (HD)
9.00 Wild 24: Brazil – Deadly Paradise A typical 24-hour period in Brazil during the dry season. (HD)
10.00 Monster Fish A freshwater eel. (HD)
11.00 Monster Fish (HD) **1.00am** Beast Man (HD) **2.00** Secret Brazil (HD) **4.00-5.00am** Amazonia (HD)

Turbo

SKY 524 VIRG 261

6.00-9.00am Fast N' Loud: Triple bill. **9.00** Bangla Bangers **11.00-7.00pm** Fast N' Loud: Back-to-back editions.
7.00-11.00 Fast N' Loud Richard buys a VW Microbus, and the gang must work out its mechanics. **8.00pm** The guys customise a 1965 Chevy Impala, while Richard and Aaron buy a 1934 Five Window Ford. **9.00** Richard and Aaron tackle their coolest hot rod to date, a 1976 Chevrolet C-10 short-bed show truck. **10.00** The crew completes its work on the 1976 Chevrolet C-10 short-bed show truck to be auctioned at the Cattle Baron's Ball.
11.00 Fast N' Loud **12.00m't** Bangla Bangers **2.00-6.00am** Fast N' Loud

PBS America

SKY 534 VIRG 276 FREESAT 156

6.00am Hell on Hooves **6.25-10.35** The FBI Files: Movie of the Week **10.35** Invisible Universe Revealed **11.50** Deadliest Earthquakes **12.55pm** Inside Einstein's Mind: The Enigma of Space and Time **2.05** The Great Math Mystery
3.15-7.35 The FBI Files: Movie of the Week **7.35** Invisible Universe Revealed **8.45** Deadliest Earthquakes **10.00** Kidnapped in Sao Paulo: Sequestro **11.10** Inside Einstein's Mind: Enigma of Space and Time
12.15am The Great Math Mystery **1.20** Kidnapped in Sao Paulo: Sequestro **2.10** Invisible Universe Revealed **3.05** Deadliest Earthquakes **4.05** Inside Einstein's Mind: The Enigma of Space and Time **5.05-6.00am** The Great Math Mystery

CI

SKY 553 HD 553/555 VIRG 275

6.00am Homicide Hunter (HD) **8.00** Witness (HD) **9.00am-12.00noon** Crimes That Shook Britain: Triple bill. (HD)
12.00noon-3.00pm Nightmare in Suburbia **3.00pm** Murder On the Social Network (HD) **4.00** Witness (HD) **5.00** The First 48: The Detective Speaks (HD)
7.00 Homicide Hunter Double bill. (HD)
9.00 World's Toughest Prisons Life inside Madagascar's notorious Antanimora Prison. (HD)
10.00 Killers: Behind the Myth Robert Rozier. (HD)
11.00pm-1.00am 1,000 Ways to Die (HD) **1.00-4.00** 50 Ways to Kill Your Lover (HD) **5.00-6.00am** Murder in Paradise (HD)

+1 hour SKY 554

H2

SKY 531 VIRG 273

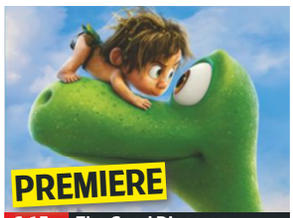
8.00am World War Two Lost Films **10.00** The Lost Evidence **12.00noon** Dogfights **2.00pm** Engineering Disasters **4.00-7.00** Cities of the Underworld
7.00 Roanoke: Search for the Lost Colony A look at what happened to the colony of Roanoke.
9.00 Sons of Liberty 6/6. The Royal Army launches an assault on the colonists.
10.00 Vietnam: Lost Films Footage of the final operations of the war as troops are withdrawn, including film of a helicopter under fire.
11.00 Ancient Aliens **12.00m't** UFO Files **1.00am** Hangar 1: The UFO Files **2.00** Ancient Aliens **3.00** UFO Files **4.00-5.00am** Hangar 1: The UFO Files

SATURDAY Films

Saturday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am Bad Blood 7.40 Minions 9.15 Narcopolis 11.00 Burnt 12.45pm PREMIERE The Good Dinosaur As 6.15pm. **2.30 The Man from U.N.C.L.E** As 8.00pm.
4.30 Minions Animated comedy with the voice of Sandra Bullock. (S) (2015, U, 91min) ★★★★ **6.15 PREMIERE The Good Dinosaur** Pixar's animation featuring the voice of Raymond Ochoa. (S) (2015, PG, 97min) ★★★★ *See review, page 20*



6.15 The Good Dinosaur

8 PM **8.00 The Man from U.N.C.L.E** Spy adventure based on the 1960s TV series, starring Henry Cavill and Armie Hammer. American and Russian agents must work together to defeat a criminal organisation. (S) (2015, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

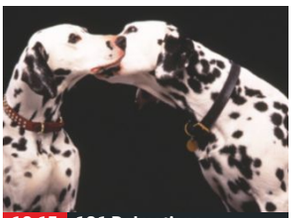
10 PM **10.00 Burnt** Drama starring Bradley Cooper. A chef whose career ended in disaster tries to make a comeback in an exclusive London restaurant. (S) (2015, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM
11.45 Bad Blood Crime thriller. (S) (2014, 15, 92min) ★★
1.20am Narcopolis Sci-fi thriller. (S) (2015, 15, 96min) ★★
3.05 Hyena Road Military drama. (S) (2015, 15, 120min) ★★
5.10 The Top Ten Show 2016
5.30-6.00am Ghostbusters: Special

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.55am The Many Adventures of Winnie the Pooh 8.15 The Fox and the Hound 9.45 Peter Pan 11.10 101 Dalmatians 1.00pm Big Hero 6 2.50 Cars Animated adventure. (S) (2006, PG, 121min) ★★★
4.50 The Fox and the Hound Animation. (S) (1981, U, 83min) ★★★ **6.20 NEW Sanjay's Super Team 6.35 Peter Pan** Animated fantasy with the voice of Bobby Driscoll. (1953, U, 77min) ★★★★★


10.15 101 Dalmatians

8.00 Tomorrowland: A World Beyond Fantasy adventure starring George Clooney and Britt Robertson. A gifted teenage inventor discovers a mysterious futuristic world, and attempts to uncover its secrets. (S) (2015, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 101 Dalmatians Live-action adventure starring Glenn Close, Jeff Daniels, Joely Richardson and Hugh Laurie. (S) (1996, U, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05am The Black Hole Sci-fi adventure starring Maximilian Schell. (S) (1979, PG, 97min) ★★★
1.50 Tomorrowland: A World Beyond As shown at 8.00pm.
4.10 Inside Out: Special
4.30-6.00am Tinker Bell and the Legend of the NeverBeast Animated fantasy. (S) (2014, U, 76min) ★★★

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.35am Daddy Day Care 8.15 The Legend of Longwood 10.00 Maya the Bee Movie 11.40 Robots 1.20pm Paul Blart: Mall Cop 2 As 8.00pm. **3.00 The Legend of Longwood** Family drama with Lucy Morton. (2014, PG, 99min) ★★
4.40 Maya the Bee Movie Animated adventure. (S) (2014, U, 86min) **6.20 Robots** Animated adventure with the voices of Ewan McGregor. (S) (2005, U, 91min) ★★★★

6.20 Robots

8.00 Paul Blart: Mall Cop 2 Comedy starring Kevin James. The bumbling security guard takes a holiday in Las Vegas, but is forced to leap into action to prevent a casino heist. (S) (2015, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 The Giver Sci-fi adventure starring Jeff Bridges and Brenton Thwaites. A teenager in a peaceful community tries to break free after discovering the dark secrets of its history. (S) (2014, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 The Rocketeer Fantasy adventure starring Bill Campbell. (S) (1991, PG, 108min) ★★★★
1.10am Daddy Day Care Family comedy with Eddie Murphy and Jeff Garlin. (S) (2003, PG, 92min) ★★★
2.45 The Giver As 9.40pm.
4.25-6.00am Scooby-Doo 2: Monsters Unleashed Live-action comedy adventure sequel. (S) (2004, PG, 93min) ★★★

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.00am Crouching Tiger, Hidden Dragon 8.10 Everest 10.15 The Goonies 12.15pm Fast & Furious 7 As 8.00pm. **2.35 Rocky III** Boxing drama sequel with Sylvester Stallone. (S) (1982, PG, 99min) ★★★
4.20 Rocky IV Boxing drama sequel with Sylvester Stallone and Dolph Lundgren. (S) (1985, PG, 91min) ★ **5.55 Everest** Fact-based adventure starring Jason Clarke and Josh Brolin. (S) (2015, 12, 121min) ★★★★

4.20 Rocky IV

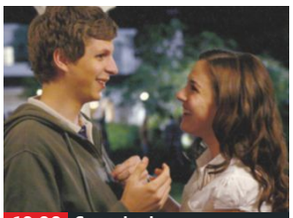
8.00 Fast & Furious 7 Action thriller sequel with Vin Diesel and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. (S) (2015, 12, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 The Goonies Children's adventure starring Sean Astin and Corey Feldman. (1985, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20am Gone in Sixty Seconds Action thriller starring Nicolas Cage, Angelina Jolie and Giovanni Ribisi. (S) (2000, 15, 117min) ★★★
2.25 Days of Thunder High-speed drama starring Tom Cruise, Nicole Kidman, Robert Duvall and Randy Quaid. (S) (1990, 15, 107min) ★★★
4.25-6.00am Rocky IV As 4.20pm.

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

7.00am Three Amigos! 8.50 Nine Months 10.40 Planes, Trains and Automobiles 12.20pm 13 Going on 30 Romantic comedy with Jennifer Garner. (S) (2004, 12, 98min) ★★★ **2.05 Ted 2** As 8.00pm.
4.05 1941 Steven Spielberg's slapstick comedy starring Dan Aykroyd. (S) (1979, PG, 118min) ★★★ **6.10 Ricki and the Flash** Comedy drama starring Meryl Streep and Kevin Kline. (S) (2015, 12, 99min) ★★★


10.00 Superbad

8.00 Ted 2 Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The talking teddy bear fights a court case for the right to be legally recognised as a person. With the voice of Seth MacFarlane. (S) (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Superbad Raunchy teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to lose their virginity. (S) (2007, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't The 40 Year Old Virgin Comedy starring Steve Carell. (S) (2005, 15, 116min) ★★★★
2.00am Blazing Saddles Western spoof. (S) (1974, 12, 90min) ★★★★
3.40 The Opposite Sex Comedy. (2014, 15, 93min) ★
5.25-7.10am Revenge of the Pink Panther Comedy starring Peter Sellers. (S) (1978, PG, 98min) ★★★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

7.05am Charlie and the Chocolate Factory 9.10 John Wick 10.55 Strange Magic 12.40pm Fantastic Four As 8.00pm. **2.30 The Inbetweeners 2** As 11.35pm.
4.15 Strange Magic Animated fantasy musical. (S) (2015, U, 97min) ★★★ **6.00 Charlie and the Chocolate Factory** Tim Burton's fantasy. (S) (2005, PG, 115min) ★★★★

8.00 Fantastic Four Superhero adventure starring Miles Teller. (S) (2015, 12, 100min) ★★
9.50 John Wick Action thriller starring Keanu Reeves. (S) (2014, 15, 101min) ★★★★
11.35 The Inbetweeners 2 Comedy sequel with Simon Bird and James Buckley. (S) (2014, 15, 94min) ★★
1.20am As Above, So Below Horror starring Perdita Weeks. (S) (2014, 15, 93min) ★★★
3.05 Cake Drama starring Jennifer Aniston. (S) (2014, 15, 98min) ★★★★
5.00-6.35am Dino Time Animated adventure. (S) (2012, PG, 84min) ★★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am Marathon Man 8.05 Mission: Impossible III 10.10 Charlie's Angels 11.50 Charlie's Angels: Full Throttle 1.40pm Spectre
4.10 Mission: Impossible III Action spy thriller. (S) (2005, 12, 126min) ★★★★ **6.20 Charlie's Angels** Comedy thriller starring Drew Barrymore and Cameron Diaz. (2000, 15, 97min) ★★

8.00 Charlie's Angels: Full Throttle Action comedy thriller sequel starring Cameron Diaz, Drew Barrymore and Lucy Liu. (S) (2003, 12, 106min) ★
10.00 Spectre James Bond thriller starring Daniel Craig and Christoph Waltz. (S) (2015, 12, 145min) ★★★★
12.35am Ronin Action thriller starring Robert De Niro. (1998, 15, 121min) ★★★
2.45 Marathon Man Thriller starring Dustin Hoffman. (1976, 18, 126min) ★★★★★
5.00 Star Trek Beyond: Special
5.30-6.00am Fast & Furious 7 Special Behind the scenes..

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

6.05am Kung Fu 8.15 Arizona Territory 9.25 Gunsmoke in Tucson 11.00 The Charge at Feather River 12.55pm Longmire 3.00 Many Rivers to Cross Comedy Western. (1955, U, 95min) ★★
4.55 The Moonlighter Western. (1953, b/w, PG, 75min) ★★ **6.25 The Desperado** Western with Wayne Morris. (1954, b/w, U, 80min) ★★

8.00 Canyon Raiders Western starring Whip Wilson. (1951, b/w, PG, 54min) ★★
9.00 Unforgiven Oscar-winning Western directed by and starring Clint Eastwood. (1992, 15, 130min) ★★★★★
11.30 Jeremiah Johnson Mountain adventure. (1972, PG, 107min) ★★★
1.30am Mimic 2 Horror sequel. (2000, 15, 78min) ★★★
3.05 Conspiracy Theory with Jesse Ventura
5.00-8.25am Barry Lyndon Historical drama. (1975, PG, 184min) ★★★★★

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Fatal Contact: Bird Flu in America 10.45 Young Frankenstein 1.00pm Daddy Day Camp 2.50 Sony Movie News Extra 3.00 Only You Romantic comedy. (1994, PG, 104min) ★★★
5.15 The Accidental Husband Romantic comedy starring Uma Thurman, Colin Firth and Jeffrey Dean Morgan. (2008, 12, 86min) ★

7.05 So I Married an Axe Murderer Comedy thriller with Mike Myers and Nancy Travis. (1993, 15, 92min) ★★★
9.00 Pistol Whipped Action thriller starring Steven Seagal and Lance Henriksen. (2007, 15, 96min) ★★★
11.05 Unthinkable Thriller starring Samuel L Jackson. (2010, 18, 97min) ★★★
1.00am Bending All the Rules Romantic comedy. (2002, 15, 93min) ★★
2.45 Roxanne Romantic comedy with Steve Martin. (1987, PG, 102min) ★★★★
5.00-6.00am Highway to Heaven Fantasy drama.

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am Satan's School for Girls 9.50 Horror Highlights 10.00 Sheena 3.00pm Curse of the Talisman Teen horror. (2001, 12, 88min) ★★
4.50 The Darwin Conspiracy Sci-fi thriller starring Jason Brooks. (1999, PG, 90min) ★ **6.40 Meteorites!** Disaster thriller starring Tom Wopat and Roxanne Hart. (1998, PG, 85min) ★

8.30 Tales from the Darkside A married couple receive a mysterious box.
9.00 eXistenZ David Cronenberg's body horror fantasy starring Jennifer Jason Leigh. (1999, 15, 97min) ★★
10.55 Hostel: Part III Horror sequel with Brian Hallisay. (2011, 18, 84min) ★★
12.40am Prince of Darkness Grisly horror with Donald Pleasence and Lisa Blount. (1987, 18, 101min) ★★★
2.40-4.30am 13 Eerie Horror starring Katherine Isabelle. (2013, 18, 87min) ★★

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am Romance on the Orient Express 9.00 Complex of Fear 11.00 DC 9/11: Time of Crisis 1.00pm Great Escape 2: The Untold Story 3.00 Great Escape 2: The Untold Story
5.00 Remembrance of Love Emotional drama starring Kirk Douglas, Pam Dawber, Chana Eden and Yoram Gal. (1983, PG, 92min) ★★

7.00 A Silent Night Wartime drama based on a true story, starring Linda Hamilton and Matthew Harbour. (2002, PG, 84min) ★★
9.00 One Against the Wind Fact-based drama starring Judy Davis as Mary Lindell. (1991, PG, 96min) ★★
11.00 Murder of Innocence Real-life drama starring Valerie Bertinelli and Stephen Caffrey. (1993, 18, 92min) ★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Blue Valley Songbird Musical drama. (1999, PG, 88min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.45am The Thomas Crown Affair 8.30 Breakdown 10.15 The Bone Collector 12.15pm Tracers As 12.35am. **1.55 Solace** As 9.00pm. **3.45 Captive** Fact-based drama. (S) (2015, 12, 97min) ★★
5.25 One Hour Photo Psychological drama. (S) (2002, 15, 95min) ★★★★ **7.05 Lethal Weapon 2** Violent action thriller starring Mel Gibson and Danny Glover. (S) (1989, 15, 110min) ★★★

9.00 Solace

Lethal Weapon 2 (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Solace Crime thriller starring Anthony Hopkins and Colin Farrell. A psychic helps the FBI to identify a serial killer, but realises the murderer has mental powers of his own. (S) (2015, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

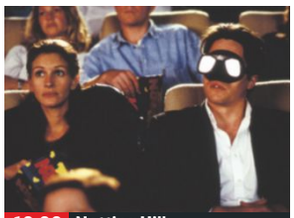
10.50 We Still Kill the Old Way Gangster drama starring Ian Ogilvy and Alison Doody. (S) (2014, 18, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35am Tracers Adventure with Taylor Lautner. A man joins a gang of criminals that uses parkour to pull off heists. (2014, 12, 90min) ★★★
2.20 Lethal Weapon 2 As 7.05pm.
4.25-6.00am Loss of Faith Crime drama starring John Ritter. (S) (1997, PG, 89min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

7.25am Roman Holiday 9.30 The Top Ten Show 2016 9.50 If I Stay 11.45 Mamma Mia! 1.45pm Notting Hill As 10.00pm. **3.55 Beaches** Bittersweet emotional drama with Bette Midler and Barbara Hershey. (1988, 12, 118min) ★★★
6.05 Big Eyes Fact-based drama with Amy Adams. Artist Margaret Keane's works become a success, but her husband claims to have painted them. (S) (2014, 12, 106min) ★★★


10.00 Notting Hill

8.00 The Age of Adaline Romantic fantasy starring Blake Lively, Michiel Huisman and Harrison Ford. A woman who never ages falls in love, and discovers she has a shared history with the man's father. (S) (2015, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

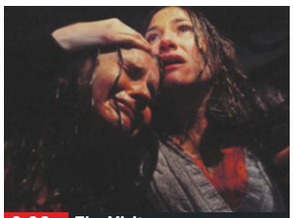
10.00 Notting Hill Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans. (S) (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10am The Skeleton Twins Comedy drama with Bill Hader and Kristen Wiig. (S) (2014, 15, 91min) ★★★
1.50 Wolf Werewolf drama. (S) (1994, 15, 125min) ★★★★
4.00-6.05am A Place in the Sun Oscar-winning drama. (S) (1951, b/w, PG, 122min) ★★★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am Close Encounters of the Third Kind 8.30 Ex Machina 10.30 Star Trek Beyond: Special 11.00 Maggie 12.45pm The Visit 2.30 Batman Begins As 10.45pm.
5.00 The Top Ten Show 2016 5.15 Ex Machina Sci-fi drama starring Domhnall Gleeson and Alicia Vikander. (S) (2015, 15, 106min) ★★★★ **7.15 Maggie** Horror starring Arnold Schwarzenegger and Abigail Breslin. (S) (2015, 15, 95min) ★★★


9.00 The Visit

Maggie (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Visit Horror starring Olivia DeJonge and Ed Oxenbould. Two children are sent to spend a week at their grandparents' remote farm, but realise they may not be returning home alive. (S) (2015, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

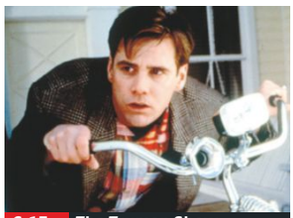
10.45 Batman Begins Comic-book thriller exploring the origins of the Dark Knight, starring Christian Bale. (S) (2005, 12, 140min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15am Rosemary's Baby Roman Polanski's chiller starring Mia Farrow. (S) (1968, 18, 137min) ★★★★★
3.40-6.00am Close Encounters of the Third Kind Sci-fi drama starring Richard Dreyfuss and Teri Garr. (S) (1977, PG, 135min) ★★★★★

Sky Select

SKY 312 HD 312/340 HD 442

6.20am The Truman Show 8.05 Vanilla Sky 10.25 Partisan 12.05pm The Hustler 2.25 Cool Hand Luke Prison drama starring Paul Newman and George Kennedy. (S) (1967, 15, 126min) ★★★★★
4.35 Irrational Man Woody Allen's drama starring Joaquin Phoenix and Emma Stone. (S) (2015, 12, 93min) ★★★ **6.15 The Truman Show** Comedy with Jim Carrey and Ed Harris. (S) (1997, PG, 99min) ★★★★


6.15 The Truman Show

8.00 Vanilla Sky Romantic fantasy drama starring Tom Cruise, Penélope Cruz and Cameron Diaz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Wall Street Oliver Stone's business drama starring Charlie Sheen and Michael Douglas. An ambitious young broker becomes the protégé of a ruthless corporate raider. (1987, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

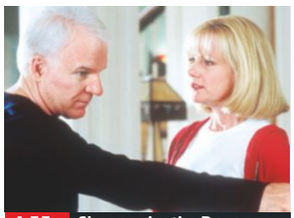
12.30am Eyes Wide Shut Erotic thriller with Tom Cruise and Nicole Kidman. (1999, 18, 159min) ★★★
3.15-5.30am Sideways Comedy drama starring Paul Giamatti and Thomas Haden Church. (S) (2004, 15, 127min) ★★★★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am The Dark Crystal 1.00pm The Chronicles of Narnia: The Voyage of the Dawn Treader
3.15 Stuart Little Fantasy. (S) (1999, U, 84min) ★★★★★ **4.55 Cheaper by the Dozen** Comedy. (S) (2003, PG, 98min) ★★★ **6.50 Mission: Impossible** Brian De Palma's action thriller. (S) (1996, PG, 110min) ★★★


4.55 Cheaper by the Dozen

Mission: Impossible (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Transporter Action thriller starring Jason Statham. An underworld courier discovers he is unwittingly transporting a kidnapped Chinese woman and uncovers an international slavery ring. (S) (2002, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Die Hard Action thriller with Bruce Willis, Alan Rickman and Bonnie Bedelia. (S) (1988, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20-3.50am 13 Assassins Epic Japanese action movie. Subtitled. (S) (2010, 15, 124min) ★★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Saturday 8 PM 9 PM 10 PM 11 PM

Sony Movies

SKY 323

9.00am Living Free 10.50 Black Beauty: The Legend Continues 12.40pm Buck and the Preacher 2.50 The Anderson Tapes Heist thriller. (1971, 15, 98min) ★★★
4.45 Fatal Contact: Bird Flu in America Thriller. (2006, 12, 83min) ★ **6.35 Force 10 from Navarone** Adventure sequel starring Robert Shaw. (1978, 12, 118min) ★★

9.00 Shadow Man Espionage thriller starring Steven Seagal. (2006, 15, 92min) ★
10.55 Exam British thriller with Luke Mably and Jimi Mistry. (2009, 15, 101min) ★★
1.00am Sony Movie News Extra The latest film news.
1.10 Starship Troopers 3: Marauder Sci-fi thriller sequel with Casper Van Dien. (2008, 15, 105min) ★★★
3.25 Mona Lisa Smile Period drama starring Julia Roberts. (2003, 12, 119min) ★★
5.50-6.00am Sony Movie News Extra Film news.

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am A Kind of Magic 9.00 Friend Request 11.00 Letter Never Sent 1.00pm All of My Heart Romantic drama. (2015, PG, 81min) ★★ **3.00 Love in Paradise** Drama. (2016, PG, 79min) ★★
5.00 The Magic of Belle Isle Comedy drama with Morgan Freeman, Kenan Thompson and Virginia Madsen. (2012, PG, 109min) ★★

7.00 Playing Father Drama starring Eddie Cibrian, Josie Davis and Chris Sheffield. (2013, PG, 87min) ★★★
9.00 Autumn Dreams Comedy starring Daniel Bacon, Bill Dow and Colin Egglesfield. (2015, 12, 120min) ★★
11.00 This Magic Moment Romantic comedy with Diane Neal and Travis Schuldt. (2013, PG, 120min) ★★
1.00am Heavenly Match Romantic drama with Samaire Armstrong and Brendan Penny. (2014, PG, 87min) ★★
3.00-5.00am So You Said Yes Romantic drama. (2015, PG, 120min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am The Ghost Rider 7.10 Wagonmaster 8.50 Cimarron Strip 10.25 The First Rebel 11.50 Best of the Badmen 1.35pm Trail Street Western. (1947, b/w, U, 85min) ★★ **3.20 The Relentless Four** Western. (1965, 91min) ★★
5.10 The Virginian Western starring Trace Adkins. (2014, 12, 90min) ★★

7.05 Buffalo Bill: Hero of the West Western starring Gordon Scott, Mirko Ellis, Jan Hendriks and Roldano Lupi. (1965, 12, 93min) ★★
9.00 Bandidos Western starring Enrico Maria Salerno, Venantino Venantini, Terry Jenkins and Maria Martin. (1967, 15, 95min) ★★
10.50 His Name Was King Western starring Klaus Kinski. (1971, PG, 90min) ★★
12.25am The Gunslingers Western starring John Elliott. (2009, 110min) ★★
2.15-4.00am Django Spaghetti Western starring Franco Nero. (1966, 15, 87min) ★★★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

6.00pm Yogi Bear *ITV2* (HD) ★★★
6.01pm Geek Charming *Disney* (HD) ★★
6.30pm Lara Croft Tomb Raider: The Cradle of Life *Syfy* ★★★
6.35pm Twilight *ITV2* (HD) ★★★
6.40pm Mr Jones *SonyTV* ★★
7.00 Men in Black *Channel 4* (HD) ★★★★
7.00pm Enigma *AMC* ★★★
7.05pm Cheaper by the Dozen 2 *5STAR* Comedy with Steve Martin. ★★★★
7.15pm A Teacher's Obsession *5USA* ★★
8.00pm Skyfall *ITV* (HD) ★★★★
8.00pm Space Cowboys *ITV4* (HD) ★★★
8.00pm Beverly Hills Cop II *Universal Channel* Comedy drama. (HD) ★★★
9.00pm Super 8 *Channel 4* (HD) ★★★★
9.00pm The Rock *Sky1* (HD) ★★★★
9.00pm Hot Fuzz *ITV2* (HD) ★★★★★
9.00pm The Five-Year Engagement *E4* Romantic comedy. (HD) ★★★
9.00pm Primal Fear *SonyTV* ★★★
9.00pm Defendor *Syfy* ★★★
9.00pm Adopting Terror *Lifetime* (HD) ★★
9.10pm Clockwise *GOLD* ★★★
9.15pm Brooklyn Rules *AMC* ★★

10pm TILL LATE

10.00pm Crank: High Voltage *Spike* ★★★
10.00pm Kevin Hart – Let Me Explain *Comedy Central* Stand-up comedy. ★★
10.40pm Ransom *ITV4* (HD) ★★★
11.00pm Carry On Girls *ITV* ★★
11.00pm Step Brothers *5STAR* ★★★★
11.00pm A Haunted House *Comedy Central* Spoof horror thriller (HD) ★
11.10pm Death Race: Inferno *Syfy* ★★
11.15pm Trance *Channel 4* (HD) ★★★
11.40pm Monty Python Live at the Hollywood Bowl *GOLD* ★★★
11.40pm Courage Under Fire *SonyTV* ★★★
12.15am About Elly *BBC2* (HD) ★★★★
1.20am Starship Troopers 2: Hero of the Federation *Syfy* Action sci-fi. ★★
2.10am Dracula *BBC2* (HD) ★★★★
4.00am F6 Twister *Syfy* ★★

(S) Subtitles (SL) Signing

Saturday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** Super Heroes (HD) **7.30 LIVE** Super Rugby: Coverage of the final. (HD) **10.00** Soccer AM (HD) **11.30** Football's Greatest Teams (HD)

12.00noon LIVE SPFL Football Rangers v Hamilton Academical: Kick-off is at 12.30. (HD)

3.00pm Gillette Soccer Saturday (HD)

5.00 LIVE International Champions Cup Football Liverpool v Barcelona: Kick-off is at 5.15. (HD)

7.30 Eredivisie Football FC Utrecht v PSV Eindhoven. (HD)

9.30 International Champions Cup Football (HD)

10.00 Football's Greatest Teams (HD)

11.00 International Champions Cup Football (HD)

11.30 Super League Highlights (HD)

12.00m't Premier League Legends (HD) **12.30am LIVE** MLS: Montreal Impact v Houston Dynamo. (HD) **2.35** Football Gold (HD) **3.00** Premier League Legends (HD) **3.30** First Utility Super League Highlights (HD) **4.00-6.00am** Premier League Years

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Cricket's Greatest (HD) **8.00** Test Cricket (HD) **9.00** Test Cricket: The Verdict (HD) **10.00** Cricket Live – The Saturday Debate (HD) **10.30 LIVE** Test Cricket: England v Pakistan: Coverage of the fourth day of the third Test in the four-match series, which takes place at Edgbaston. (HD)

7.00pm Cricket's Greatest A profile of former Australia bowler Glenn McGrath. (HD)

7.30 Cricket's Greatest A profile of former England cricketer Ian Botham. (HD)

8.00 Test Cricket England v Pakistan: Action from the fourth day of the third Test, which took place at Edgbaston. (HD)

9.00 Test Cricket: The Verdict A panel discusses the fourth day of the third Test. (HD)

10.00 Cricket's Greatest Jacques Kallis. (HD)

11.00 Test Cricket England v Pakistan. (HD)

12.00m't Test Cricket: The Verdict (HD) **1.00am** Cricket's Greatest (HD) **2.00** Test Cricket (HD) **3.00** Test Cricket: The Verdict (HD) **4.00-6.00am** Cricketing Yorkshire (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Legends of Darts (HD) **6.30** Darts Gold (HD) **7.00** Boxing Gold (HD) **8.00** Major League Soccer (HD) **10.00** ATP Tour Uncovered (HD) **10.30** Great Sporting Moments (HD) **11.00** Fishing: Hooked on Africa (HD) **11.30** The World Rugby Show (HD)

12.00noon ATP Tour Uncovered (HD)

12.30pm LIVE Weber Cup Ten Pin Bowling Coverage of the first session on day two at EventCity in Manchester.

3.30 LIVE GAA The All-Ireland Senior Football Championship quarter-final between Tyrone and an as yet unknown opponent. Throw-in is at 4.00. (HD)

5.45 LIVE GAA The All-Ireland Senior Football Championship quarter-final between Dublin and an as yet unknown opponent. Throw-in is at 6.00. (HD)

8.00 LIVE Super Rugby Coverage of the final, as two teams battle for the title. (HD)

10.30 GAA (HD)

12.45am GAA (HD) **3.00** Boxing Gold (HD) **4.00** ATP Tour Uncovered (HD) **4.30** Fishing: Hooked on Africa (HD) **5.00-6.00am** Sporting Greats (HD)

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic (HD) **7.00** European Tour Golf (HD) **8.00** PGA Tour Classic **9.00** European Tour Golf (HD) **10.00** PGA Tour Classic **11.00 LIVE** European Tour Golf: The Paul Lawrie Match Play: Day three from Archerfield Links Golf Club in East Lothian. (HD)

1.00pm Shell's Wonderful World of Golf Colin Montgomerie v Phil Mickelson from 1997.

2.30 Sporting Rivalries The Ryder Cup. (HD)

3.00 LIVE European Tour Golf The Paul Lawrie Match Play: Further coverage of day three from Archerfield Links Golf Club in East Lothian. (HD)

6.00 LIVE PGA Tour Golf The Travelers Championship: Day three from the TPC River Highlands in Cromwell, Connecticut. (HD)

11.00 European Tour Golf The Paul Lawrie Match Play. (HD)

12.00m't PGA Tour Classic **1.00am** European Tour Golf (HD) **2.00** Shell's Wonderful World of Golf **3.30** PGA Tour Classic **4.30** European Tour Golf (HD) **5.30-6.00am** Sporting Rivalries (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00-9.00am Football's Greatest Players: Back-to-back editions of the series. **9.00** WWE – Smackdown (HD) **11.00** WWE Main Event (HD)

12.00noon LIVE SPFL Football Rangers v Hamilton Academical: Coverage of the Scottish Premiership clash from Ibrox Stadium, on the opening weekend of the season. Kick-off is at 12.30. (HD)

3.00pm LIVE Super League The Qualifiers Featherstone Rovers v Leeds Rhinos: Kick-off is at 3.00. (HD)

5.00 LIVE Super League Super 8s Catalan Dragons v Widnes Vikings: Kick-off is at 5.00. (HD)

7.00 LIVE Weber Cup Ten Pin Bowling Coverage of the second session on day two at EventCity in Manchester, where Europe's top bowlers take on their American counterparts.

10.00 WWE – Late Night – Smackdown Over-the-top wrestling action from the US. (HD)

12.00m't WWE Main Event (HD) **1.00-4.00am** Football's Greatest Players **4.00** WWE Main Event (HD) **5.00-6.00am** Spanish Football Gold: Back-to-back editions.

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.30am European Rally Championship **8.00** FIA World Rallycross Championship (HD) **9.00** Speedway European Championship (HD) **10.00** Swimming: European Championships (HD) **10.30** Athletics: Diamond League (HD) **11.30** Athletics European Championships (HD)

1.00pm ATP Tennis (HD)

2.50 Eurosport News

2.55 Going for Gold (HD)

3.00 Dwars door Het Hageland (HD)

4.00 Speedway European Championship (HD)

5.00 LIVE Speedway European Championship Round two. (HD)

8.00 LIVE ATP Tennis The BB&T Atlanta Open: The semi-finals (HD)

10.00 Eurosport News

10.05 Going for Gold (HD)

10.20 Eurosport News

10.25 Dwars door Het Hageland (HD)

10.55 Going for Gold (HD)

11.00 FIA World Touring Cars From Argentina.

11.30 European Rally Championship

12.00m't Eurosport News **12.05am** MCE British Superbikes (HD) **1.05-1.10am** Eurosport News

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

5.15am LIVE Test Cricket: Sri Lanka v Australia: The third day of the second Test at Galle. (HD) **7.30am** Tenerife Blue Trail (HD) **8.00** WATTS (HD) **8.10 LIVE** Test Cricket: Sri Lanka v Australia: Day three of the second Test. **10.10** Eurosport News **10.25** Going for Gold (HD)

10.30 LIVE Test Cricket Sri Lanka v Australia: Further action. (HD)

12.30pm World Superbikes (HD)

1.00 MCE British Superbikes (HD)

2.00 LIVE MCE British Superbikes From Brands Hatch. (HD)

5.00 Motorcycling: Southern 100 (HD)

6.00 World Superbikes At Laguna Seca. (HD)

6.30 European Rally Championship (HD)

7.00 LIVE FIA World Touring Cars From the Autodromo Termas de Rio Hondo. (HD)

8.30 MCE British Superbikes (HD)

10.00 Speedway European Championship (HD)

11.00 Motorcycling: Southern 100 (HD)

12.00m't FIA World Touring Cars **12.30-5.15am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

7.30am UEFA Champions League – Classics (HD) **9.30** Ladbrokes SPFL (HD) **11.00** Vanarama National League (HD)

11.30 LIVE National League Football Maidstone United v York City: Coverage from Gallagher Stadium. Kick-off is at 12.15. (HD)

2.30pm 30 for 30: Silly Little Game (HD)

3.30 FIA F3 European Championship Highlights Round seven. (HD)

4.30 Indoor Bowls: Premier 3s Finals (HD)

5.30 Premier League World (HD)

6.30 Angling (HD)

7.00 Blancpain Endurance Series Review (HD)

8.00 Premier League: Season Review (HD)

9.00 LIVE MLB Los Angeles Dodgers v Boston Red Sox: The inter-league clash from Dodger Stadium. Start-time is at 9.05. (HD)

12.00m't LIVE MLB: Chicago White Sox v Baltimore Orioles: Start-time is at 12.10. (HD) **3.00am** MLB's Best (HD) **3.30** Gillette World Sport (HD) **4.00-7.00am LIVE** AFL: Carlton v St Kilda: Bounce-up is at 4.10. (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am Judo World Tour Highlights (HD) **6.30** IndyCar Highlights (HD) **7.30** Indy Lights Highlights (HD) **8.30** Kaiserslautern v Hannover (HD) **10.00 LIVE** AFL: Western Bulldogs v North Melbourne: Start-time is at 10.25. (HD)

1.00pm Gillette World Sport (HD)

1.30 IndyCar Highlights The Honda Indy 200. (HD)

2.30 Indy Lights Highlights The Grand Prix of Mid-Ohio. (HD)

3.30 ESPN Classic Boxing A look back at some of the biggest rivalries.

6.30 AFL Western Bulldogs v North Melbourne. (HD)

8.30 Gillette World Sport A round-up of sport from around the globe. (HD)

9.00 Muhammad and Larry (HD)

10.00 ESPN Classic Boxing Memorable bouts. (HD)

11.00 UFC 200 Greatest Fighters Of All Time (HD)

12.00m't UFC – Ultimate Insider (HD) **12.30am** UFC: Beyond the Octagon (HD) **1.00 LIVE** UFC: The preliminary bouts for UFC Fight Night 92. (HD) **3.00-6.30am LIVE** UFC: Yair Rodríguez v Alex Caceres. (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am Pardon the Interruption (HD) **6.30** Around the Horn (HD) **7.00** Pardon the Interruption (HD) **7.30** Around the Horn (HD) **8.00** College Football Live (HD) **8.30** ESPN FC (HD) **9.00** CFL (HD) **11.30** College Football Live (HD)

12.00noon Around the Horn (HD)

12.30pm Pardon the Interruption (HD)

1.00 ESPN FC (HD)

1.30 MLB Action from Washington Nationals v San Francisco Giants. (HD)

4.30 Gillette World Sport A comprehensive round-up of sport. (HD)

5.00 IndyCar Highlights The Honda Indy 200. (HD)

6.00 LIVE MLB New York Yankees v Cleveland Indians: Start-time is at 6.05. (HD)

9.00 WRC Review The Rally Finland. (HD)

10.00 Premier Boxing Champions Action from David Benavidez v Denis Douglin. (HD)

12.00m't LIVE CFL: Ottawa Redblacks v Edmonton Eskimos: Kick-off is at 12.00. (HD) **3.00am** CFL: BC @ Montreal (HD) **5.30-6.00am** MLB's Best (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Racing 92 v Saracens (HD) **7.30** Gillette World Sport (HD) **8.00-10.30** Game of the Week (HD) **10.30** BT Sport Films: Silver Lining (HD) **11.30** Bundesliga Clubs: Season Preview (HD)

1.00pm Kaiserslautern v Hannover (HD)

2.30 Judo World Tour Highlights (HD)

3.00 AFL Action from Sydney Swans v Port Adelaide. (HD)

5.00 Gillette World Sport Round-up of action. (HD)

5.30 Racing 92 v Saracens Action from the final between the French and English sides. (HD)

7.00-9.30 Game of the Week Five editions. (HD)

9.30 Vanarama National League Maidstone United v York City. (HD)

11.00 Kaiserslautern v Hannover Action from the match in the German second tier. (HD)

12.30am AFL (HD) **2.30** Blancpain Endurance Series Review (HD) **3.30** Last Week, This Week (HD) **3.45** Judo World Tour Highlights (HD) **4.15** Vanarama National League (HD) **5.45-6.00am** Last Week, This Week (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am GP3 Racing (HD) **8.00** F1 Midweek Report (HD) **8.30am-12.30pm** Formula 1 (HD)

12.30pm Formula 1 Action from the Spanish Grand Prix. (HD)

1.30 Formula 1 The Monaco Grand Prix. (HD)

2.30 Formula 1 The Canadian Grand Prix. (HD)

3.30 Formula 1 The European Grand Prix. (HD)

4.30 Formula 1 The Austrian Grand Prix. (HD)

5.30 Formula 1 The 2016 British Grand Prix. (HD)

6.30 Formula 1 Highlights of the 2016 Hungarian Grand Prix. (HD)

7.30 F1 Midweek Report A look back at the German Grand Prix. (HD)

8.00 Legends of F1 An interview with three-time world champion Niki Lauda. (HD)

9.00 F1 Classic Races A look back at the 1993 Brazilian Grand Prix. (HD)

9.45 GP2 Racing The German Grand Prix feature race. (HD)

11.15 GP2 Racing Action from the German Grand Prix sprint race. (HD)

12.30am German F1 GP Best Bits **1.00-6.00am** The Home of Formula One

LIVE SPORT ON OTHER CHANNELS TODAY

12.30pm LIVE Racing *Racing UK* Coverage from Ascot, Haydock, Newmarket and Redcar.

1.15pm LIVE Raceday *At The Races* From Lingfield Park and Kilbeggan.

2.00pm LIVE Racing *Channel 4* Nick Coverage from meetings at Ascot, Haydock Park and Newmarket.

5.30pm LIVE Live Evening Racing *Racing UK* From Ayr.

9.00pm LIVE Stateside *At The Races* Live coverage from the United States.

2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

TODAY AT THE OLYMPICS

RED BUTTON 1 12.55pm Table Tennis Preliminary-round matches from Riocentro. **2.55 Boxing** The latest bouts from Riocentro. **6.25 Artistic Gymnastics** The men's qualification events at Rio Olympic Arena. **9.00 Boxing** The latest bouts from Riocentro. **11.50 Football** Colombia v New Zealand: Coverage of the women's Group G match. **2.15-4.20am Basketball** Venezuela v Serbia: The men's event.

RED BUTTON 2 2.00pm Hockey Argentina v the Netherlands: Coverage of the men's Group B match. **4.00 Basketball** Turkey v France: The men's group match. **5.55 Basketball** Australia v France: The men's tournament. **8.00 Fencing** The day's finals from Carioca Arena 3. **10.30 Artistic Gymnastics** The men's qualification events. **1.00-5.05am Beach Volleyball** The latest matches from Beach Volleyball Arena.

RED BUTTON 3 12.25pm Rowing Coverage from Lagoa Stadium. **3.00 Hockey** India v Ireland: Coverage of the men's Group B match. **5.30 Hockey** Australia v New Zealand: The men's Group A match. **7.50 Rugby Sevens** The latest women's group matches. **11.05 Weightlifting** The Women's 48kg Final from Riocentro. **1.40-3.25am Handball** Sweden v Argentina: The women's competition.

RED BUTTON 4 1.55pm Equestrian Eventing and dressage. **8.50 Football** USA v France: Women's Group G match. **11.40-1.25 Handball** Romania v Angola: The women's event.

RED BUTTON 5 12.00noon Olympics 2016 Opening ceremony. **2.50pm Rugby Sevens** From Deodoro Stadium. **6.50 Football** Canada v Zimbabwe: The women's Group F match. **9.50 Football** Germany v Australia: The women's Group F match. **12.00m't-3.05am Tennis** The latest matches.

RED BUTTON 6 12.55pm Archery The latest action. **2.40 Tennis** The latest matches. **8.50 Hockey** Argentina v USA: The women's Group B match. **11.20 Hockey** Spain v Brazil: The men's Group A match. **1.55-4.00am Swimming** The latest heats and finals.

RED BUTTON 7 1.30pm Road Cycling The men's road race. **6.30 Archery** The latest action. **9.50 Hockey** Canada v Germany: The men's Group B match. **12.20am Volleyball** Russia v Argentina: The women's competition. **2.35-4.20 Volleyball** Serbia v Italy: The women's game from Maracanazinho.

RED BUTTON 8 7.25pm Judo The women's -48kg & men's -60kg semi-finals and finals. **10.50 Football** South Africa v China: The women's Group E match. **1.50-4.05am Football** Brazil v Sweden: The women's Group E match.

(HD) High Definition

Sunday

7 August

Evening Planner

TODAY AT THE OLYMPICS

The first diving medals of the Rio Games are awarded in the women's synchro 3m springboard final, where Britain's European silver medallists **Alicia Blagg and Rebecca Gallantree** will be looking for a top-six finish. Team GB has another chance to medal in the women's cycling road race, as Lizzie Armitstead, Emma Pooley and Nikki Harris ride a shorter version of the same course as the men (130.3km). The Netherlands' Anna van der Breggen is currently the bookies' favourite.

Alicia Blagg & Rebecca Gallantree

Tonight in the pool, there's the prospect of an epic battle in the men's 100m breaststroke final, where Adam Peaty – World and European champion, and world-record holder – competes against British team-mate Ross Murdoch, who took silver at the Europeans and bronze at the Worlds. The men's 4x100m freestyle relay final could see the legendary **Michael Phelps** in his first final of the Games, while the brilliant Katie Ledecky of the US is firm favourite in the women's 400m freestyle final.

Michael Phelps

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	‹ 6.30 Countryfile	7.30 Olympics 2016 – Live: Day two continues with road cycling and rugby sevens					10.00 News	10.30 Match of the...
	102 BBC2	‹ 6.00 Olympics...	7.30 Wallace &... †	8.00 Robot Wars †		9.00 Dragons' Den †		10.00 Olympics 2016 – Live	
	103 ITV	7.00 The Zoo		8.00 Midsomer Murders					10.15 Slow Train Through Africa...
	104 CHANNEL 4	‹ 6.15 Film: Monsters, Inc		8.00 Flying to the Ends of the Earth		9.00 Film: 47 Ronin			
	105 CHANNEL 5	7.00 Cricket on 5		8.00 Toddlers Make You Laugh Out Loud		9.00 Celebrity Big Brother		10.00 Bankrupt & Broke: When Celebs Go...	
	106 SKY1	7.00 The Simpsons		8.00 The Last Ship		9.00 Zoo		10.00 Ross Kemp: Extreme World	
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Featuring tennis, table tennis, hockey, diving and artistic gymnastics							
	118 ITV2	‹ 6.45 Film: The Hobbit: An Unexpected Journey						10.00 Family Guy	
	138 MORE4	‹ 6.55 Come Dine with Me		8.00 Amazing Spaces Shed of the Year		9.00 Father Ted			10.05 Micky Flanagan: Back in the Game
	136 E4	7.00 The Big Bang Theory						10.00 Tattoo Fixers on Holiday	
	107 SKY LIVING	7.00 Who'd Be a Billionaire		8.00 Criminal Minds		9.00 Blindspot		10.00 Criminal Minds	
	108 SKY ATLANTIC	7.00 Cold Case				9.00 Ray Donovan			10.10 Band of Brothers
	110 GOLD	‹ 6.25 Last of the Summer Wine					9.10 Film: A Private Function		
	111 DAVE	‹ 6.20 Top Gear Patagonia Special				9.00 Have I Got a Bit More News for You		10.00 Suits	
	119 ITV3	7.00 Doc Martin		8.00 Royal Stories		9.00 Million Dollar Princesses		10.00 The Booze Cruise III	
	120 ITV4	7.00 Pawn Stars		8.00 Film: Cannonball Run II					10.15 Film: Raw Deal
	112 COMEDY CENTRAL	7.00 Friends				9.00 Live at the Apollo		10.00 Michael McIntyre's Showtime	
	114 SYFY		7.10 Film: Lavalantula			9.00 Film: X-Men			
	109 W	‹ 6.40 Outnumbered		8.00 Beauty and the Beast		9.00 Sherlock			
	113 UNIVERSAL	7.00 NCIS				9.00 Motive		10.00 Law & Order: Special Victims Unit	
	124 FOX	7.00 NCIS				9.00 Someone Knows My Name		10.00 Family Guy	
	121 SKY ARTS	7.00 Guitar Star		8.00 Trailblazers: Heavy Metal		9.00 Cambridge Folk Festival 2016			
Documentary	520 DISCOVERY	7.00 How It's Made...	7.30 Sonic Sea			9.00 Yukon Men		10.00 Dual Survival	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Shark Alley: Legend of Dynamite		9.00 River Monsters		10.00 Insane Pools: Off the Deep End	
	526 NAT GEO	7.00 Lawless Island		8.00 Britain's Underworld					
	529 HISTORY	7.00 Mountain Men		8.00 Pawn Stars		9.00 Battle Of Kings: Bannockburn			
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 Codebreaker			9.40 Return to the Falklands		
	532 EDEN	‹ 6.30 World's Wildest City: Manaus							
Films	301 SKY PREMIERE	‹ 6.15 The Good Dinosaur		8.00 The Man from U.N.C.L.E				10.00 The Perfect Guy	
	303 SKY HITS	‹ 6.15 Home		8.00 Crimson Peak				10.00 Fifty Shades of Grey	
	304 SKY SPIES	‹ 6.30 Spy Kids 3: Game Over		8.00 Ronin					10.05 Mission: Impossible – Rogue Nation
	305 SKY DISNEY	‹ 5.45 McFarland, USA		8.00 Mary Poppins					10.25 Robin Hood
	306 SKY FAMILY	‹ 6.25 Kermit's Swamp Years		8.00 Cloudy with a Chance of Meatballs			9.35 Robot Overlords		
	307 SKY ACTION	‹ 6.30 The Da Vinci Code				9.00 Avengers: Age of Ultron			
	308 SKY COMEDY	‹ 6.10 The Wedding Ringer		8.00 Wedding Crashers				10.00 Entourage	
	309 SKY CRIME	‹ 6.55 Lethal Weapon 3				9.00 Shaft			
	310 SKY DRAMA	‹ 5.40 Terms of Endearment		8.00 St Elmo's Fire				10.00 The Theory of Everything	
	311 SKY SCI-FI		7.15 Predestination			9.00 The Matrix			
	312 SKY SELECT	‹ 6.05 Whiplash		8.00 Me and Earl and the Dying Girl				10.00 Casino	
	315 FILM4	‹ 6.40 Mission: Impossible II				9.00 Die Hard 2			
	317 TCM		7.05 The Plunderers			9.00 Jeremiah Johnson			
Sport	401 SKY SPORTS 1	7.00 Goals on Sunday			8.30 Football	9.05 MLS – Live: Portland Timbers v Sporting Kansas City (Kick-off 9.08)			
	402 SKY SPORTS 2	7.00 Cricket's Greatest		8.00 Test Cricket		9.00 Test Cricket: The Verdict		10.00 Cricket's Greatest	
	403 SKY SPORTS 3	‹ 6.00 Weber Cup Ten Pin Bowling – Live: The second session on day three at EventCity in Manchester						10.00 Football	10.30 Goals on...
	404 SKY SPORTS 4	‹ 6.00 PGA Tour Golf – Live: The fourth and final day of the Travelers Championship at the TPC River Highlands in Cromwell, Connecticut							
	410 EUROSPORT 1	7.00 FIA World Touring Cars – Live		8.00 FIA World Rallycross Championship		9.00 European Rally...	9.40 Dwars door Het Hageland		
	411 EUROSPORT 2	‹ 6.00 ATP Tennis		8.00 MCE British Superbikes				10.00 FIA World Touring Cars	

‹ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101	VIR 101	F'VIEW 1	F'SAT 101
HD 141/115	HD 108	HD 101	HD 106/108

6.00am Olympic Breakfast (S)(HD)
9.00 BBC News (S)(HD)
10.00 Sunday Morning Live Topical debate covering religious, moral and ethical issues. (S)(HD)
11.00 Homes Under the Hammer Properties in Stoke, London and Greater Manchester. (S)(R)(HD)(AD)
12.00noon Bargain Hunt From Derbyshire. (S)(R)(HD)(AD)
12.45pm BBC News (S)(HD)
12.55 Weather for the Week Ahead (S)(HD)
1.00 Olympics 2016
Rowing Coverage of the heats of the women's pairs at **2.10**, women's lightweight double sculls at **2.40**, men's lightweight double sculls at **3.20** and men's fours at **4.00**.
Gymnastics Coverage of the women's team and individual artistic qualifiers.
Cycling The women's road race gets under way at Fort Copacabana.
Swimming The women's 100m backstroke at **5.00** and the men's 200m freestyle at **5.20**. (S)(HD)
6.00 BBC News (S)(HD)
6.20 Local News (S)
6.30 Countryfile Anita Rani reports from the Scottish island of Kerrera. (S)(HD)
7.30 Olympics 2016
Cycling The conclusion of the women's road race at Fort Copacabana.
Rugby Sevens Action from the women's quarter-finals. (S)(HD)
10.00 BBC News (S)(HD)
10.20 Local News (S)
10.30 Match of the Day: Community Shield Highlights Leicester City v Manchester United: From Wembley Stadium. (S)(HD)
11.15 Olympics 2016 (S)(HD)
1.00am Olympics 2016
Gymnastics The women's artistic qualifiers at the Rio Olympic Arena.
Swimming The finals of the women's 100m butterfly at **2.03**, men's 100m breaststroke at **2.53**, women's 400m freestyle at **3.01** and men's 4x100m freestyle at **3.54**, as well as the semi-finals of the men's 200m freestyle at **2.08**, women's 100m breaststroke at **2.26**, men's 100m backstroke at **3.09** and women's 100m backstroke at **3.33**. (S)(HD)
4.00 Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116	VIR 107	F'VIEW 9	F'SAT 110
HD 116/143	HD 163	HD 106	HD 107

1.00pm Olympics 2016
Table Tennis The second round of the men's and women's singles at **1.00**.
Beach Volleyball The preliminaries from the Beach Volleyball Arena on the Copacabana Beach from **2.00**.
Gymnastics The women's individual artistic qualifying sessions at the Rio Olympic Arena at **1.45** and **3.30**.
Tennis The men's and women's singles matches at the Olympic Tennis Centre from **3.00**. (S)(HD)
4.00 Olympics 2016
Cycling The women's road race at Fort Copacabana gets under way at **4.30**.
Fencing The men's foil quarter-finals take place from **5.45**. (S)(HD)
7.00 Olympics 2016
Tennis Continued coverage of the men's and women's singles at the Olympic Tennis Centre.
Table Tennis From Riocentro.
Swimming The men's 4x100m freestyle relay heats at **7.09** from the Olympic Aquatics Stadium.
Diving The women's 3m synchronised springboard final from **8.00**.
Fencing The men's foil semi-finals get under way at **8.00** at Carioca Arena 3.
Hockey Great Britain v New Zealand: The men's match at the Olympic Hockey Centre from **9.00**.
Gymnastics The women's individual artistic qualifying session at the Rio Olympic Arena at **9.30**. (S)(HD)
10.00 Olympics 2016
Hockey Ireland v Netherlands: At the Olympic Hockey Centre at **10.00**. Plus, further coverage of **Tennis** and **Beach Volleyball**. (S)(HD)
2.00am Britain on Film: Brits at Play (S)(R) **2.30** Sounds of the Sixties (S)(R) **3.00-4.00am** Timeshift: The Nation's Railway: The Golden Age of British Rail (S)(SL)(R)(AD)

DID YOU KNOW?

Swimming

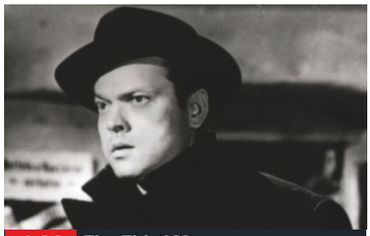
World-record holder Adam Peaty was so scared of water as a child he would scream with terror when his mother put him in the bath.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 52)

BBC2

SKY 102	VIR 102	F'VIEW 2	F'SAT 102
HD 115/141	HD 162	HD 102	HD 108/106

5.45am Gardeners' World (S)(R)(HD)
6.15 Countryfile (S)(R)(HD)
7.15 The Beechgrove Garden (S)(HD)
7.45 Saturday Kitchen Best Bites (S)(R)
9.15 Olympics: Rio Highlights 2016 Highlights of the opening day of the Olympic Games from Rio. (S)(HD)
1.00pm FILM The Third Man Thriller starring Joseph Cotten, Trevor Howard and Orson Welles. (S)(HD)(AD) (1949, b/w, PG, 100min) ★★★★★
2.40 Escape to the Continent A Kent couple plan to relocate to the Puglia region of Italy. (S)(R)(HD)(AD)
3.40 Flog It! From Kent. (S)(R)(HD)
4.25 Songs of Praise (S)(HD)
5.00 New Zealand: Earth's Mythical Islands Examining the nation's pre-human past. (S)(R)(HD)(AD)

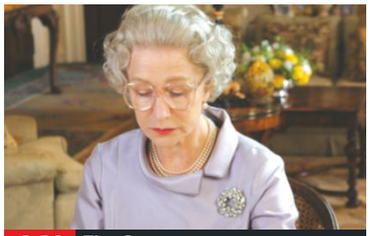

1.00 The Third Man

6.00 LIVE Olympics 2016 Day two of the Games in Rio continues with the latest swimming heats at the Olympic Aquatics Stadium and the women's cycling road race from Fort Copacabana. Hazel Irvine presents. (S)(HD)
7.30 Wallace & Gromit: A Close Shave The animated characters get mixed up in sheep rustling. (S)(R)(HD)(AD)
8.00 Robot Wars 3/6. Dara O Briain and Angela Scanlon present more battles in the arena, including a robot designed by a nine-year-old girl, which comes complete with a pink axe. (S)(HD)
■ Repeated tomorrow
9.00 Dragons' Den 3/16. The panel assesses the profit-making potential of a fledgling fashion business, a brand of pork scratchings and a device for folding paper. (S)(HD)(AD)
10.00 LIVE Olympics 2016 Coverage of day two continues with the men's hockey group match between Great Britain and New Zealand and the quarter-finals of the women's rugby sevens. (S)(HD)
11.15 FILM Youth in Revolt Comedy starring Michael Cera and Portia Doubleday. A virginal teenager creates a cocky alter ego to try to win the heart of a pretty girl. With Steve Buscemi. (S)(HD) (2009, 15, 85min) ★★★
12.40-2.40am Sign Zone: Countryfile (S)(R) **1.35 Holby City** (S)(R)(AD)
2.40-6.15am Previews (S)(HD)

ITV1

SKY 103	VIRGIN 103	F'VIEW 3	F'SAT 103
HD 178	HD 113	HD 103	HD 111

6.00-8.25am CITV
8.25am ITV News (S)
8.30 Weekend Aled Jones is joined by Beverley Knight and Brian Cox. (S)
9.25 Murder, She Wrote (S)(R)(HD)(AD)
10.25 Murder, She Wrote (S)(R)(HD)(AD)
11.25 Columbo: Negative Reaction Murder mystery. (S)(R)(HD)(AD)
1.20pm ITV News (S)
1.25 Long Lost Family (S)(R)(HD)(AD)
2.30 Love Your Garden Transforming gardens across the nation. (S)(R)(HD)
3.30 FILM The Queen Oscar-winning drama starring Helen Mirren, Michael Sheen and James Cromwell. (S)(HD)(AD) (2006, 12, 120min) ★★★★★
5.30 Masterpiece with Alan Titchmarsh Teams compete to find valuable items at Firle Place in Sussex. (S)(R)(HD)


3.30 The Queen

6.30 Local News (S)
6.45 ITV News (S)
7.00 The Zoo Life at London Zoo and Whipsnade, following Sumatran tiger cubs, a pygmy hippo receiving treatment for cancer and the team's breeding of its first Humboldt penguin. (S)(R)(HD)
8.00 Midsomer Murders *Habeas Corpus:* When a wealthy landowner's body goes missing on the night of his death, a sinister web of secrets and lies is exposed in the village of Little Malton. As DCI Barnaby, DS Nelson and new forensic pathologist Kam Karimore investigate the mysterious crime, they find themselves drawn into a macabre world of body-snatching during their quest to identify the perpetrator. (S)(R)(HD)(AD)
10.00 ITV News (S)
10.15 Slow Train Through Africa with Griff Rhys Jones Griff travels across Namibia in the south-west, experiencing luxury camping, encountering cheetahs and visiting sand dunes. (S)(R)(HD)(AD)
11.15 Premiership Rugby 7s Highlights Action from the finals day at the Ricoh Arena in Coventry. (HD)
12.15am Jackpot247
3.00 Motorsport UK (S)(HD)
3.50 ITV Nightscreen (HD)
5.05-6.00am The Jeremy Kyle Show Lively studio talk show. (S)(SL)(R)(HD)

+1 hour	SKY 131	VIRGIN 114	FREEVIEW 33	FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am Shipping Wars (S)(R)(HD) **6.40 Mobil 1 The Grid** (S) **7.05 Motorsport: Chateau Impney Hill Climb** (S)(HD) **7.30 Everybody Loves Raymond** (S)(R) **8.25 Frasier** (S)(R)(AD) **9.30 Sunday Brunch** With music by Rizzle Kicks. (S)(HD)

12.30pm FILM Basil the Great Mouse Detective Cartoon adventure. (S)(HD) (1986, U, 90min) ★★★

2.00-5.50 The Simpsons: Homer Day Back-to-back episodes of the animated series, including at: **4.55** *Flaming Moe's:* Homer invents a new drink. (S)(R)(AD) **5.25** *Million Dollar Maybe:* Homer wins $1million on the lottery, but keeps it a secret from his family. (S)(R)(AD)

5.50 News (S)(HD)

8.00 Flying to the Ends of the...

6.15 FILM Monsters, Inc Computer-animated comedy featuring the voices of Billy Crystal, John Goodman, James Coburn and Steve Buscemi. A little girl stumbles into Monstropolis, a city powered by the screams of frightened children. (S)(HD) (2001, U, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 Flying to the Ends of the Earth 2/3. Arthur Williams meets Tracey Johnson, who has turned the luxury retreat of Wadigi into a bolthole for celebrities and the super-rich. (S)(HD)(AD)

9.00 FILM 47 Ronin Fantasy adventure with Keanu Reeves and Hiroyuki Sanada. A former slave leads a band of samurai battling monstrous and magical enemies in a quest for redemption. With Ko Shibasaki. (S)(HD) (2011, 12, 140min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 FILM Ghost Fantasy. (S)(HD)(AD) (1990, 12, 140min) ★★★★★ **1.40am Friday Night Dinner** (S)(R)(HD)(AD) **2.10 The World's Weirdest Weather** (S)(R)(HD)(AD) **3.05 Walking the Himalayas** (S)(R)(HD)(AD)

4.00 Kirstie's Fill Your House for Free (S)(R)(HD) **4.15 Phil: Secret Agent Down Under** (S)(R)(HD) **5.10-6.15am Location, Location, Location** From Sussex. (S)(SL)(R)(HD)

+1 hour SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

5.40-9.55am Milkshake!

9.55am Teenage Mutant Ninja Turtles Animated fantasy. (S)(R)(HD)

10.30 Football on 5: The Championship (S)(R)(HD)

11.30 Football on 5: Goal Rush Goals from the opening weekend's games in Leagues One and Two. (S)(R)(HD)

12.00noon Now That's Funny! A selection of comical videos. (S)(R)(HD)

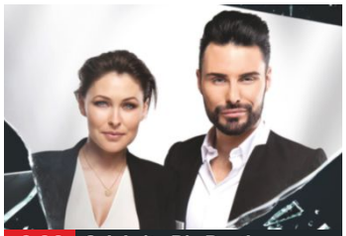
1.00pm Benefits House: Me & My 26 Kids (S)(R)(HD)

2.00 Benefits, Babies & Jail (S)(R)(HD)

3.00 Benefits: Can't Work, Won't Work (S)(R)(HD)

4.00 Benefits: 19 Kids and Counting the Cost (S)(R)(HD)

5.00 Dogs Make You Laugh Out Loud 3 Dog-themed videos. (S)(R)(HD)



9.00 Celebrity Big Brother

6.00 Now That's Funny! Featuring animals behaving badly, lucky beginners and a couple driving down a mountain. (S)(HD)

6.55 News (S)(HD)

7.00 Cricket on 5 Mark Nicholas presents action from day five of the third Test in the four-match series between England and Pakistan, which took place at Edgbaston. (S)(HD)

8.00 Toddlers Make You Laugh Out Loud Internet video clips of youngsters doing humorous things, including a six-year-old performing Aretha Franklin's *Respect*. (S)(R)(HD)

8.55 News (S)(HD)

9.00 Celebrity Big Brother A chance to catch up with the latest events in the house. (S)(HD)

10.00 Bankrupt & Broke: When Celebs Go Bust Countdown show exploring how a celebrity lifestyle led to bankruptcy for a number of famous faces, with accounts from friends and colleagues of how they squandered their fortunes. (S)(R)(HD)

11.30 Body Freaks: Old Face, New Face Documentary exploring extreme cosmetic transformations. (S)(R)

12.30am Lip Sync Battle (S)(HD) **12.55 SuperCasino 3.10 Now That's Funny!** (S)(R)(HD) **4.00 World's Most Pampered Pets** (S)(SL)(R)(HD) **4.45-5.40am Wildlife SOS** Double bill of the series. (S)(SL)(R)

+1 hour SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
5.00-6.00pm River City (S)(R)(AD) **7.30** Sportscene (S) **8.30** Landward **SERIES FINALE** (S) **9.00-10.00** Robot Wars (S) **11.15** Dragons' Den (S) **12.15-12.40am** Previews

N. IRELAND
Sky 972, Freesat 969
No variations

WALES
Sky 971, Freesat 971
5.00pm Carol Vorderman: Flying Engineer (S)(R) **5.50-6.00** Coast (S)(R) **11.15** New Zealand: Earth's Mythical Islands (S)(R) **12.15-1.35am FILM** Youth in Revolt: Comedy. (S) (2009, 15, 80min) ★★★

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **8.55** Pen-Blwydd Pwy? **9.00** Becws **9.30** Trysor Coll y Royal Charter (AD) **10.00** Her Yr Hinsawdd (AD) **10.30** Dal Ati: Dal Ati **11.30** Dal Ati: Dal Ati **12.30pm** Cegin Bryn **1.00** Cegin Bryn **1.30** Cegin Bryn **2.00** Y Cosmos **3.00** Wrecsam 'Di Wrexham (AD) **3.25** Wrecsam 'Di Wrexham (AD) **3.50** Ysgol Ddawns Anti Karen **4.20** Ysgol Ddawns Anti Karen **4.50** Ysgol Ddawns Anti Karen **5.20** Pum Merch, Tri Chopa, Un Cwch **5.50** Pum Merch, Tri Chopa, Un Cwch **6.20** Pum Merch, Tri Chopa, Un Cwch **SERIES FINALE** **6.50** Newyddion S4C a'r Tywydd **7.00** Dechrau Canu Dechrau Canmol **7.30** Eisteddfod Genedlaethol 2016 **SERIES FINALE** **9.00** Parch **10.00** Parch **11.00pm-12.05am** Y Babell Lên 2016 **SERIES FINALE**

Today's listings for the *BBC's Olympic Channels* are on page 52

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Totally Bonkers Guinness World Records (SL) **6.50** Emmerdale (SL)(HD) **9.55** Coronation Street (SL)(HD)(AD) **12.20pm** Take Me Out (HD) **1.20** Funniest Ever You've Been Framed! Gold

2.20 You've Been Framed! Gold **2.50 FILM** Mr Bean's Holiday: Slapstick comedy. Includes *FYI Daily* at 3.50. (HD)(AD) (2007, PG, 89min) ★★★★ **4.40 FILM** The Smurfs: Family adventure. Includes *FYI Daily* at 5.40. (HD)(AD) (2011, U, 102min) ★★

6.45 FILM The Hobbit: An Unexpected Journey Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. Includes *FYI Daily* at 7.45. (HD)(AD) (2012, 12, 165min) ★★★

10.00 Family Guy (HD)

10.30 Family Guy (HD)(AD) **11.30** American Dad! (HD)(AD) **12.25** Bordertown (HD)(AD) **12.55** The Cleveland Show (HD)(AD) **1.50-2.15am** Totally Bonkers Guinness World Records (SL)

+1 hour SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am River Cottage Bites (HD) **9.25** Jamie's 15 Minute Meals (HD)(AD) **9.50** Craft: I Made This (HD)(AD) **10.55** Selling Houses with Amanda Lamb (HD) **11.55am-2.40pm** Come Dine with Me (HD) **2.40pm** Four in a Bed (HD) **5.20-7.30** Come Dine with Me (HD)

7.30 Come Dine with Me A salesman hosts the final party in Leicester. (HD)

8.00 Amazing Spaces Shed of the Year Attention turns to the Eco and Unexpected categories. (HD)(AD)

9.00 Father Ted Dougal becomes Craggy Island's new milkman. (HD)(AD) **9.35** Dougal and Ted bump into Richard Wilson. (HD)(AD)

10.05 Micky Flanagan: Back in the Game From London's Hackney Empire. (HD)

11.10 8 Out of 10 Cats Does Countdown (HD) **12.15am** 24 Hours in A&E (HD)(AD) **1.20** Amazing Spaces Shed of the Year (HD)(AD) **2.25-3.30am** 8 Out of 10 Cats Does Countdown (HD)

+1 hour SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Hour of Power (HD) **7.00** Monkey Life (AD) **8.30-11.00** Futurama (HD) **11.00** WWE: Raw (HD) **12.00noon** Ghostbusters: Special (HD)

12.30pm Star Trek Beyond: Special (HD) **1.00** Don't Tell the Bride (HD) **2.00** Four Weddings (HD)(AD) **3.00** Battle of the Brides (HD) **4.00-6.00** Modern Family (HD) **6.00** The Simpsons (HD)

7.00 The Simpsons Double bill of the comedy. (HD)

8.00 The Last Ship *Devil May Care:* 4/13. The pressure mounts on President Michener. (Series 3) (HD)

9.00 Zoo NEW EPISODE *The Walls of Jericho:* 4/13. The team goes undercover at a black-tie event in Vancouver in an effort to unravel a dark conspiracy within the Noah Objective. (Series 2) (HD)

10.00 Ross Kemp: Extreme World 6/6. Ross investigates the drug epidemic in Rio de Janeiro, witnessing dealers who operate 24 hours a day and meeting those trapped in a cycle of addiction. (HD)

11.00 Stop, Search, Seize (HD) **12.00m't** The Force: Manchester (HD) **1.00am** Road Wars (HD)(AD) **2.00** Stop, Search, Seize (HD)(AD) **3.00** Nothing to Declare (AD) **4.00** Border Security: Canada's Front Line (HD) **5.00-6.00am** Gordonstoun: A Different Class (HD)

+1 hour SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am The Mindy Project (HD) **6.40** Baby Daddy (HD) **7.35** How I Met Your Mother (HD)(AD) **8.30** Made in Chelsea: South of France (HD)(AD) **9.30** Hollyoaks (HD)(AD)

12.00noon-2.35pm Coach Trip: Road to Ibiza (HD)(AD) **2.35-4.30pm** The Goldbergs (HD)(AD) **4.30 FILM** Step Up: Romantic drama. (HD) (2006, PG, 104min) ★★★ **6.35** The Big Bang Theory (HD)(AD)

7.00-10.00 The Big Bang Theory 21/24. Penny contemplates returning to acting. (HD)(AD) **7.30** 22/24. Howard questions his engineering abilities. (HD)(AD) **8.00** 23/24. Sheldon and Leonard's mothers finally meet. (HD)(AD) **8.30** 24/24. Sheldon presses Leonard and Penny to choose a date for their wedding. (Series 8) (HD)(AD) **9.00** 6/24. Leonard and Sheldon need helium. (HD)(AD) **9.30** 7/24. Sheldon is interviewed for a documentary. (Series 9) (HD)(AD)

10.00 Tattoo Fixers on Holiday A man with an unsightly design. (HD)(AD)

11.00 Rich Kids of Instagram (HD)(AD) **12.00m't** Gogglebox (SL)(HD) **1.05am** Containment (HD)(AD) **2.05** Rude Tube (HD) **3.00** 2 Broke Girls (HD)(AD) **3.40-6.00am** Hollyoaks (SL)(HD)(AD)

+1 hour SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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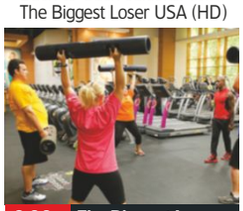
★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SUNDAY Entertainment

Sunday

Sky Living
SKY 107 HD 107/221 | VIRGIN 112 HD 111

6.00am My Kitchen Rules: Australia: Double bill. (HD) **8.30** Sportswomen **NEW EDITION** (HD) **9.00-10.30** Nothing to Declare: Triple bill. **10.30am-12.00noon** Border Security: Canada's Front Line: Triple bill. (HD) **12.00noon** Best of Nothing to Declare **1.00pm** Bones: Double bill. (HD) **3.00** Million Dollar Listing: NYC (HD) **4.00-6.00** Nothing to Declare UK: Back-to-back editions. **6.00** The Biggest Loser USA (HD)


6.00 The Biggest Loser...

7 PM **7.00 Who'd Be a Billionaire** The range of people employed by billionaires to provide for their every whim. (HD)

8 PM **8.00 Criminal Minds** *The Witness:* 2/22. The team's hunt for depraved killers continues when a Los Angeles bus is attacked with gas. (Series 11) (HD)

9 PM **9.00 Blindspot** *Bone May Rot:* 4/23. A tattoo leads the FBI to a plot with potentially catastrophic consequences. (HD)

10 PM **10.00 Criminal Minds** *The Return:* 8/24. (Series 9) (HD)

11.00 Criminal Minds (HD) **12.00m't** Elementary (HD) **1.00am** Madam Secretary (HD) **2.00** Grey's Anatomy (HD) **4.00-6.00am** Border Security: Canada's Front Line: Four editions. (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am The Guest Wing (HD) **7.00** Networks of Power with Sir Christopher Meyer (HD) **8.00am-1.00pm** The West Wing: Five episodes. (HD) **1.00pm** Micro Monsters with David Attenborough (HD) **2.00-6.00** Without a Trace: Back-to-back episodes. (HD) **6.00** Cold Case: *Saving Sammy:* 5/24. The case of an autistic boy who witnessed the murder of his parents is reopened. (Series 4) (HD)

10.10 Band of Brothers

7.00 Cold Case *Static:* 6/24. Rush learns a DJ who had supposedly committed suicide in 1958 was actually murdered. (HD)

8.00 *The Key:* 7/24. New evidence found near the location of a woman's murder in 1979 prompts Jeffries to reopen the case. (Series 4) (HD)

9.00 Ray Donovan *Get Even Before Leavin':* 5/12. With the Russian mob threatening his family, Ray takes a road trip with Mickey to Primm. (Series 4) (HD)

10.10 Band of Brothers: *Carentan:* 3/10. (HD) **11.30** *Replacements:* 4/10. (HD) **12.50am FILM** Maria Full of Grace (HD) (2003, 15, 101min) ★★★ **2.50** The Sopranos (HD) **4.00** The Guest Wing (HD) **5.00-6.00am** Networks of Power with Sir Christopher Meyer (HD)

+1 hour SKY 170

GOLD
SKY 110 | VIRGIN 124

7.00-8.50am 'Allo 'Allo! Triple bill. **8.50** Creature Comforts **9.00am-3.00pm** Only Fools and Horses: Back-to-back episodes, including at: **2.15pm** Del takes up cards in a bid to make a fortune. **3.00-7.10pm** Last of the Summer Wine: Back-to-back episodes, including at: **5.45** The friends are offered the chance to become wealthy. **6.25** Howard allays Pearl's natural suspicions.

9.10 A Private Function

7.10-9.10 Last of the Summer Wine Smiler decides to become a lollipop man. **7.50** A man researching a guidebook on cross-country walks foolishly accepts Foggy's help. **8.30** As 5.45pm.

9.10 FILM A Private Function Post-war comedy starring Michael Palin and Maggie Smith. (1984, 15, 94min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Monty Python's Best Bits **11.40** Monty Python: Parrot Sketch Not Included **1.15am** Monty Python's Best Bits **2.00** The Young Ones **3.30-4.00am** That Mitchell and Webb Look

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 | VIRGIN 127 HD 194 | F'VIEW 12

7.10am Trawlermen **8.00-11.00** Top Gear: Triple bill of the series. (HD) **11.00** Red Bull Soapbox Race (HD) **12.00noon** Motorway Cops **1.00pm** Traffic Cops (HD) **2.20** American Pickers: Crazy Car Finds (HD) **3.20** American Pickers: Double bill. (HD) **5.20** Top Gear (HD) **6.20** Top Gear Patagonia Special: Jeremy, Richard and James take a trip to the world's southernmost city. (HD)

11.00 Parks and...

Top Gear Patagonia Special (started at 6.20pm)

9.00 Have I Got a Bit More News for You Michael Sheen hosts, with Jon Richardson and Ruth Davidson. (HD)

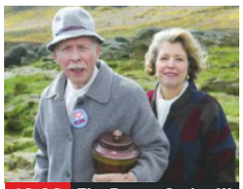
10.00 Suits NEW EPISODE *Turn:* 4/16. Mike is presented with a deal. (Series 6) (HD)

11.00 Parks and Recreation **NEW EPISODE** 4/13. (Series 7) (HD) **11.30** Caribbean Premier League T20 Cricket (HD) **3.30am** 8 Out of 10 Cats (HD) **4.20-5.00am** QI

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 | VIR 117 HD 177 | F'VIEW 10 | F'SAT 115

6.00am Rising Damp **6.25** Wycliffe (HD) **7.20** Heartbeat **9.25** Inspector Morse (HD) **11.40** A Touch of Frost (HD) **1.55pm** Goodbye Mr Chips **4.00 FILM** Carry On Up the Jungle: Safari comedy. Includes *FYI Daily* at 5.00. (1970, PG, 89min) ★★ **5.55** Doc Martin: 3/6. A stomach bug sweeps through Portwenn and the doctor suspects the local water supply is to blame. (Series 1)


10.00 The Booze Cruise III

7.00 Doc Martin 4/6. Louisa tries to help one of her pupils, while Martin encounters a delusional park ranger with an imaginary friend. (Series 1)

8.00 Royal Stories NEW EDITIONS The relationship between Edward VIII and Wallis Simpson. (HD) **8.30** The abdication of Edward VIII. (HD)

9.00 Million Dollar Princesses A look at the young American heiresses of the early 20th century. (HD)

10.00 The Booze Cruise III The gang tag along on a trip to scatter Grace's mother's ashes on the Yorkshire Moors.

12.05am Wire in the Blood **2.55** May the Best House Win (HD) **4.40-5.30am** Rising Damp: Double bill.

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 | VIR 118 HD 178 | F'VIEW 24 | F'SAT 117

6.00am Hat-Trick Heroes (HD) **6.15** Highway Patrol **6.35** British Touring Car Championship Highlights (HD) **8.00** Pawn Stars (HD) **8.55** The Motorbike Show (HD) **9.55 FILM** Captain Newman MD: Comedy. Includes *FYI Daily* at 10.55. (HD) (1963, PG) ★★ **12.30pm FILM** Dunkirk: Drama. Includes *FYI Daily* at 1.40. (HD) (1958, b/w, PG) ★★★ **3.15 FILM** Nevada Smith: Includes *FYI Daily* at 4.20. (1966, 15) ★★★ **5.55** Mr Bean (HD)

8.00 Cannonball Run II

7.00 Pawn Stars Items include a 1934 Rickenbacker guitar. (HD) **7.30** Items include a Civil War cavalry jacket. (HD)

8.00 FILM Cannonball Run II Car chase comedy sequel starring Burt Reynolds and Shirley MacLaine. A group of madcap contestants race across the US for a $1 million prize. Includes *FYI Daily* at 9.05. (HD) (1983, PG, 108min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 FILM Raw Deal Action thriller. Includes *FYI Daily* at 11.15. (HD) (1986, 18, 106min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.25am FILM Nighthawks: Action thriller. Includes *FYI Daily* at 1.25. (HD) (1981, 18, 99min) ★★★ **2.25-2.45am** Nitro Circus (HD)

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 | VIRG 160

6.00am The Real A&E **7.00-9.00** Nothing to Declare: Back-to-back editions. **9.00** Don't Tell the Bride **10.00am-4.00pm** Most Haunted: Back-to-back editions of the series. **4.00pm** Four Weddings: Double bill of the series. **6.00** Don't Tell the Bride **7.00 Four Weddings** A naval-themed party and a pub free-for-all. **8.00** A bride makes all of her guests pay for their meals. **9.00 A Haunting** A couple experience moving objects in their home. **10.00 The Real L Word** **11.15** Sexcetera **1.05am** Eurotrash: The Sexy Bits **1.35** Red Shoe Diaries **2.05** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 | VIRG 121

6.00am Stop, Search, Seize **9.00am-2.00pm** A Town Called Eureka: Back-to-back episodes. **2.00-7.00pm** Stargate SG-1: Back-to-back episodes. (Series 2) **7.00 Supergirl** *Stronger Together:* 2/20. Kara's attempts to protect National City fail to go to plan. (Series 1) **8.00 DC's Legends of Tomorrow** *Pilot – Part Two:* 2/16. The team heads to 1975 in pursuit of Savage. (Series 1) **9.00 50 Ways to Kill Your Mammy** Baz and his mother travel to Morocco. **10.00 Mount Pleasant** 6/8. Lisa and Dan play peace-makers. (Series 4) **11.00** Ascension **12.00m't** Zoo **1.00am** The Last Ship **2.00** Border Security USA **3.00** Road Wars **5.00-6.00am** Motorway Patrol

Pick
SKY 152 | VIRG 123 | F'VIEW 11 | F'SAT 144

6.00am The Best of Nothing to Declare **7.00-9.00** Motorway Patrol: Back-to-back editions. **9.00** Obese: A Year to Save My Life USA **11.00** It's Me or the Dog **12.00noon** Wild Vets **1.00pm** Animal Saints and Sinners **2.00-7.00** Monkey Life: Back-to-back editions. **7.00 Monkey Life** **8.00 To Catch a Smuggler: JFK Airport** **9.00 Stop, Search, Seize** Following the work of Ireland's border force. **10.00 Police Force: Australia** Double bill. **11.00** Police 10/7 **12.00m't** Gold Coast Cops **1.00am** Alaska State Troopers **2.00** Australia's Deadliest Attacks **3.00** Hard Time **4.00-6.00am** Highway Patrol: Four editions.

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 | VIRG 156

7.00am Dash Dolls **8.00** News **8.30** Botched **9.00** Wags **11.00am-7.00pm** Keeping Up with the Kardashians: Back-to-back editions. **7.00pm News** **7.30 Botched** Janice Dickinson replaces her breast implants. **8.00 Keeping Up with the Kardashians** Kim prepares for her cameo in Fergie's music video. **9.00** The girls head off on an trip to Havana in the country of Cuba. **10.00 Famously Single NEW EDITION** Pauly takes Aubrey out on their first date. **11.00** News **11.30** Botched **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** Dash Dolls **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 | VIRG 126 HD 200

7.00am Lie to Me (HD) **8.00** Murdoch Mysteries (HD) **10.00am-7.00pm** Rizzoli & Isles: Back-to-back episodes. (HD) **7.00pm Rizzoli & Isles** *Gumshoe:* 15/18. The unit teams up with a PI when a successful clothing designer is found poisoned. (Series 5) (HD) **8.00 Father Brown** *The Grim Reaper:* A murder is blamed on a doctor. (HD) **9.00 New Tricks** *Life Expectancy:* A blood-stained bust is uncovered during construction work in a cemetery. (HD) **10.20 Father Brown** *The Mayor and the Magician:* The mayor is electrocuted while speaking at a village fete. (HD) **11.20** Ripper Street (HD) **2.00-3.40am** Rizzoli & Isles (HD)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 | VIR 119 HD 179 | F'VIEW 26 | F'SAT 118

9.00am Million Dollar Listing (HD) **10.00** The Bachelorette **12.00noon-5.00pm** The Real Housewives of New York City: Back-to-back editions. **5.00pm** Don't Be Tardy for the Wedding **NEW EDITION** (HD) **5.25** The Only Way Is Essex: Double bill. (HD) **7.00** Dinner Date: A man from Southampton looks for love. (HD) **8.00** Be Beautiful (HD) **8.10** The Bachelorette: After the Final Rose **SERIES FINALE** **9.00** The Real Housewives of Atlanta **NEW EDITION** (HD) **10.00** The Only Way Is Essex **NEW EDITION** (HD) **10.50** Elliott Wright: Playa in Marbella (HD) **11.50pm-12.45am** The Jeremy Kyle Show USA

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00-8.55am Upstairs, Downstairs **8.55** The Chief **10.00** The Darling Buds of May (HD) **11.05** Heartbeat **1.30pm** Micawber **2.35** Kingdom **4.40** Agatha Christie's Poirot (HD) **7.00 The Durrells** 4/6. Louisa takes desperate measures when Leslie is accused of robbery. (HD) **8.00 Vera** *Shadows in the Sky:* A dock worker falls to his death from a multi-storey car park. (HD) **10.00 Scott & Bailey** 7/8. A body on the moors leads to a sinister discovery. (Series 4) (HD) **11.00** Scott & Bailey (HD) **12.05am** The Americans (HD) **1.00** Jordskott (HD) **2.10** Broadchurch (HD) **3.00** Peak Practice **5.50-6.00am** Movies Now

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle: Double bill of the series. (HD) **9.00am-12.00noon** Friends: Back-to-back episodes. (HD) **12.00noon** The Middle: Double bill of the series. (HD) **1.00pm** Friends: Double bill. (HD) **2.00-4.00** Impractical Jokers: Back-to-back editions of the series. (HD) **4.00-7.00** Friends: Back-to-back episodes, including at: **6.30** 7/25. Guest stars Elle Macpherson. (Series 6) (HD)

9.00 Live at the Apollo

7.00 Friends 17/25. A gift lands Chandler in trouble. (Series 6) (HD) **7.30** 3/24. Chandler plays racquetball with Monica's father. (Series 7) (HD)

8.00 23/24. The gang visits Barbados to hear Ross address a convention, but Chandler ruins the only copy of his speech. (Series 9) (HD)

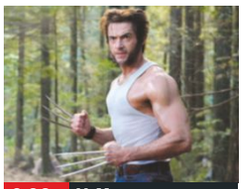
9.00 Live at the Apollo Romesh Ranganathan introduces routines by guests Jason Byrne and Stewart Francis. (HD)

10.00 Michael McIntyre's Showtime Stand-up comedy from the O2 in London. (HD) **11.00** Impractical Jokers (HD) **12.00m't** Live at the Apollo (HD) **1.00am** South Park (HD) **3.00** Idiotsitter (HD) **3.25** Workaholics (HD) **3.50-5.00am** Two and a Half Men: Triple bill. (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Quantum Leap **8.00** Teleshopping **11.00 FILM** Sleeping Beauty: Fantasy adventure. (2014, PG, 89min) ★ **12.50pm FILM** LA Apocalypse: Sci-fi disaster thriller. (2014, 15, 80min) ★ **2.40 FILM** Earthfall: Sci-fi thriller. (2015, 12, 89min) ★★ **4.30** The Captains Close Up **5.00 FILM** Star Trek V: The Final Frontier: Sci-fi adventure sequel. (1989, PG, 100min) ★★


9.00 X-Men

7.10 FILM Lavalantula Fantasy thriller starring Steve Guttenberg. A volcano erupts in the Santa Monica mountains, spewing out gigantic fire-breathing spiders that wreak havoc on Los Angeles. (2015, 15, 81min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

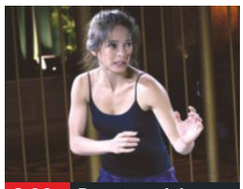
9.00 FILM X-Men Comic-book fantasy adventure starring Patrick Stewart, Hugh Jackman and Ian McKellen. (2000, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 FILM Sharknado 4: The 4th Awakens: Disaster thriller. (2016, 12, 120min) ★★ **1.10am FILM** Ice Sharks: Horror thriller. (2016, 12, 110min) ★ **3.00** Fact or Faked: Paranormal Files **4.00-6.00am FILM** 2012: Ice Age: Low-budget disaster movie. (2011, 12, 87min) ★

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.05-8.00am Passport Patrol: Back-to-back editions. **8.00** EastEnders (HD) **10.25am-2.30pm** My Dream Home: Back-to-back editions. (HD) **2.30-6.40** Doctor Who: Back-to-back episodes, including at: **5.40pm** *Nightmare in Silver:* 12/13: An old enemy returns. (Series 7) (HD) **6.40** Outnumbered: Sue and Pete try to resolve their differences, and Ben recreates an assault on Everest.


8.00 Beauty and the...

7.20 Outnumbered The Brockmans have to attend a funeral. (HD)

8.00 Beauty and the Beast NEW EPISODE *Down for the Count:* 3/13. Cat and Vincent's future happiness is jeopardised. (Series 4) (HD)

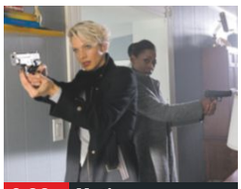
9.00 Sherlock *The Blind Banker:* 2/3. Holmes and Watson investigate a mysterious symbol that has been appearing on walls around London – and find that the first person to see it dies soon after. (Series 1) (HD)

11.00 Who Do You Think You Are? (HD) **12.00m't** Traffic Cops **1.00am** Being Human USA (HD) **1.50** Atlantis (HD) **2.45-3.00am** Dynamo: Magician Impossible

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am Royal Pains (HD) **7.00** Teleshopping **8.00** Sea Patrol (Series 2) (HD) **9.00am-7.00pm** NCIS: Back-to-back episodes, including at: **5.00pm** *Requiem:* 7/19. Gibbs takes a case connected to his dead daughter. (HD) **6.00** *Designated Target:* 8/19. An admiral is found executed by the side of a road, but the agents have trouble ascertaining a motive for his murder. (Series 5) (HD)


9.00 Motive

7.00pm NCIS *Lost and Found:* 9/19. Abby babysits a bright nine-year-old while the team searches for the youngster's father. (HD)

8.00 *Corporal Punishment:* 10/19. The agents try to recapture a Marine who escaped from a psychiatric unit. (Series 5) (HD)

9.00 Motive NEW EPISODE *The Score:* 4/13. An ex-con is murdered near a struggling nightclub. (Series 4) (HD)

10.00 Law & Order: Special Victims Unit *Perverted Justice:* 21/23. The daughter of a convicted rapist tries to have him released. (Series 16) (HD)

11.00pm-4.00am Law & Order: SVU (HD) **4.00-6.00am** Sea Patrol (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Cops: Double bill. (HD) **9.00am-2.00pm** NCIS: Back-to-back episodes, including at: **1.00pm** *Life Before His Eyes:* 14/24. A man pulls a gun on Gibbs in a diner. (Series 9) (HD) **2.00-7.00pm** The Closer: Back-to-back episodes, including at: **6.00** *Ruby:* 4/15. Brenda and the team face a race against time to find a missing eight-year-old girl. (Series 3) (HD)

9.00 Someone Knows...

7.00 NCIS *Viral:* 6/24. When a petty officer is murdered, the crime matches a known serial killer's usual method of operation. (HD)

8.00 *16 Years:* 7/24. Ducky is forced to reveal he has been helping to solve crimes in his spare time. (Series 13) (HD)

9.00 Someone Knows My Name NEW EPISODE 4/6. Period drama with Aunjanue Ellis. (HD)

10.00 Family Guy Brian becomes an estate agent. (HD) **10.30** Brian dates a blind girl. (HD)

11.00 American Dad! (HD) **12.00m't** Family Guy **1.00am** American Dad! (HD) **2.00** Family Guy (HD) **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Highlights **7.55** Alison Balsom: The Trumpet's Splendour (HD) **8.55** National Trust: National Treasures (HD) **10.10** Drew: The Man Behind the Poster (HD) **12.00noon** Dean Martin: A Legend in Concert **1.00pm** The Seventies (HD) **2.00** Queen – The Magic Years **3.15** André Rieu: My African Dream (HD) **5.00** Master of Photography (HD) **6.00** Soundbreaking (HD)

11.00 CSNY/Deja Vu

7.00 Guitar Star 8/9. The three finalists head to Latitude Festival to play in the Alcove tent, before one is chosen to perform on the main stage. (HD)

8.00 Trailblazers: Heavy Metal 15/20. Experts explore the development of heavy metal music, from Black Sabbath to Metallica. (HD)

9.00 Cambridge Folk Festival 2016 2/2. **SERIES FINALE** Further highlights from the event at Cherry Hinton Hall, where performers included Imelda May, Gogol Bordello, Kate Rusby and Afro Celt Sound System. (HD)

11.00 FILM CSNY/Deja Vu (2008, 15, 96min) ★★★★ **12.50am** Neil Young: A MusiCares Tribute (HD) **2.10** Isabel (HD) **5.00-6.00am** First Love (HD)

Sunday

7 PM

8 PM

9 PM

10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

8.30am Tomorrow's World **9.00am-2.00pm** Star Trek: Deep Space Nine: Back-to-back episodes. **2.00pm** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00 FILM** Walker, Texas Ranger: Trial by Fire: Action drama. (2005, 12, 90min) ★★ **8.00 CSI** *Gum Drops:* 5/24. A family of four disappears. (Series 6) **9.00 NCIS** *Aliyah:* 25/25. The team flies to Israel, but receives a hostile reception from Ziva's father, who is the head of Mossad. (Series 6) **10.00** *Truth or Consequences:* 1/24. Tony travels to North Africa on the trail of missing agent Ziva. (Series 7) **11.00pm-1.50am** NCIS: Triple bill. (Series 7) **1.50am** Nash Bridges **2.50-6.00am** CSI

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

7.30am The Key of David **9.00am-2.00pm** Matlock: Back-to-back episodes of the series. **2.00-7.00pm** The Streets of San Francisco: Back-to-back episodes. **7.00-10.00 Judge Judy** Back-to-back editions of real-life small-claims cases on issues affecting family life, presided over by former New York judge Judy Sheindlin. **10.00 Unsolved Mysteries** The cases of a haunted ranch in Texas, a felon who claimed to be suffering from amnesia, and two teenage boys who tortured and murdered four people. **11.00** Unsolved Mysteries: The story of the Gettysburg ghosts. **12.00m't-5.00am** Cheaters: Back-to-back editions exposing unfaithful partners.

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00am Couples Come Dine with Me (HD) **10.00** Double Your House for Half the Money (HD) **11.00** Come Dine with Me (HD) **12.00noon** Double Your House for Half the Money (HD) **1.00pm** A Place in the Sun: Summer Sun (HD) **5.00** Ramsay's Kitchen Nightmares USA **6.00** Location, Location, Location (HD) **7.00** Child Genius: The Final (HD) **8.00** The Three Day Nanny (HD) **9.00** 8 Out of 10 Cats Does Countdown (HD) **10.00** Ramsay's Hotel Hell (HD) **11.00** 999: What's Your Emergency? (HD) **12.00m't** The Job Interview (HD) **1.00am** Eden (HD) **1.55** A Granny's Guide to the Modern World (HD) **2.20** Peep Show (HD) **2.45** Cleopatra's Lost Tomb (HD) **3.40-5.05am** Highlights

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Catch a Contractor **9.25** The Mentalist **10.25** Diagnosis Murder **12.25pm** Columbo: Death Lends a Hand **2.00** Columbo: A Friend In Deed **4.00** Ransom for a Dead Man **6.00** NCIS: New Orleans (Series 2) **7.00 NCIS: New Orleans** *Foreign Affairs:* 5/24. The team clashes with an investigator. (Series 2) **8.00 NCIS: Los Angeles** *Honour:* 7/24. A man is accused of rape and murder. (Series 3) **9.00 CSI** *Hero to Zero:* 15/18. A caped vigilante is killed. (Series 15) **10.00 CSI: NY** *Damned If You Do:* 3/22. (Series 7) **11.00** CSI: NY **12.55am** CSI: Miami **1.55** CSI: NY **2.50** Law & Order **3.35-4.00am** True Crimes: The First 72 Hours

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.25** That '70s Show **9.10-11.30** 8 Simple Rules... **11.30am-4.00pm** My Wife and Kids **4.00pm** Celebrity Big Brother **5.00** The Secret Life of Kittens **6.00** The Secret Life of Puppies **7.00 Can't Pay? We'll Take It Away** **8.00 On Benefits: Too Fat to Work** The lives of people who rely on benefits, beginning with those who are obese. **9.00 Benefits: 26 Kids & Claiming** Large families whose sole source of income is benefits. **10.00 Celebrity Big Brother's Bit on the Side** **11.00** Tantastic: 50 Shades of Orange **12.00m't-3.50am** Wentworth Prison **3.50-4.00am** Access

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am McBride: It's Murder, Madam **8.00am-1.00pm** Touched by an Angel: Back-to-back episodes. **1.00pm FILM** James Dean: Biopic starring Stephen McHattie. (1976, PG, 100min) ★★ **3.00** Son of the Morning Star **7.00 M*A*S*H** 16/16. Feature-length finale of the comedy. (Series 11) **9.00 The Wipers Times** Feature-length drama about two World War One soldiers who find a printing press and create a satirical newspaper. Stars Ben Chaplin and Julian Rhind-Tutt. **11.00** The Eichmann Show: Fact-based drama starring Martin Freeman. **1.00-3.00am FILM** Storm and Sorrow: Adventure starring Lori Singer and Todd Allen. (1990, U, 96min) ★★

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am Lovejoy **8.00am-12.00noon** The Bill: Back-to-back episodes. **12.00noon** Catherine Cookson's The Dwelling Place **3.00-5.00pm** Brush Strokes: Triple bill. **5.00-7.00** Porridge: Triple bill of the series. **7.00 Murdoch Mysteries** **8.00 The Doctor Blake Mysteries** *Game of Champions:* 8/10. When a contestant on a TV game show is electrocuted in his dressing room, Blake suspects foul play. (Series 1) **9.00 Silent Witness** *The Meaning of Death:* The team pursues a serial killer with a grisly desire to look at his victims' faces as they die. However, Nikki becomes distracted from the case. **11.30** Catherine Cookson's The Dwelling Place **2.35-4.00am** The Forsyte Saga

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM Shaolin Soccer Hong Kong martial-arts sports comedy. Subtitled. (2001, 12, 113min) ★★★

7.05 FILM A Single Man Period drama starring Colin Firth. A gay college professor goes about an ordinary day in 1962 LA, but he is secretly planning suicide after the death of his long-time partner. With Julianne Moore. (2009, 12, 96min) ★★★★★

9.00 Mad Men *Seven Twenty-Three:* 7/13. Don secures the Hilton deal. **10.00** *Souvenir:* 8/13. Don takes Betty with him on a business trip. (Series 3)

11.00pm-4.00am Mad Men (Series 3) **4.00am** Fear the Walking Dead (Series 2) **5.00-5.30am** Hollywood's Best Film Directors

CBS Reality

SKY 146 | VIRGIN 148 | F'VIEW 66 | F'SAT 135

7.30am Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00am-5.00pm** Judge Judy **5.00pm** Unsolved Mysteries

7.00 Hoarders A woman whose hoarding drove her two sons to drugs. **8.00** Two hoarders whose habits and filthy homes are having a devastating effect on their family and social lives.

9.00 Snapped: Killer Couples A one-night stand turns into a romance from hell after a woman learns of her lover's dark and deadly desires. **10.00** Featuring couples whose passion drove them to commit terrible criminal acts.

11.00pm-3.00am Snapped: Killer Couples **3.00am** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour: SKY 147 | VIRG 201 | F'VIEW 67 | FSAT 136

Challenge

SKY 145 | VIRGIN 139 | F'VIEW 46 | F'SAT 146

6.00-8.00am Blockbusters **8.00** Catchphrase **9.00** Wheel of Fortune **10.00** Takeshi's Castle: Double bill.

11.00 Ninja Warrior: Double bill. **12.00noon-3.00pm** Pointless: Triple bill of editions. **3.00-7.00** The Chase

7.00pm Gladiators Four contestants take on the muscled warriors in a series of challenges.

8.00 American Ninja Warrior Leading athletes and wrestlers compete against amateurs in one of the most demanding physical challenges ever devised.

9.00 TNA Wrestling Coverage of all the latest TNA Impact Wrestling action and drama.

11.00 The Chase **12.00m't-3.00am** Pointless: Triple bill. **3.00am** Gladiators **4.00** American Ninja Warrior **5.00-6.00am** Catchphrase

+1 hour: SKY 164 | VIRG 180 | FSAT 147

Comedy Central Extra

SKY 128 | VIRGIN 182

9.00am That '70s Show (Series 1) **10.00am-2.00pm** Malcolm in the Middle (Series 3) **2.00-5.00** The Middle (Series 5) **5.00-7.00** Impractical Jokers

7.00-10.00 Impractical Jokers Back-to-back editions of the hidden camera show with the pranksters.

10.00pm Friends 2/24. Thinking Phoebe is pregnant, Joey proposes so she won't have to be a single mum. **10.30** 3/24. Rachel tries to tell Ross he is the father of her baby. (Series 8)

11.00 Friends **12.00m't** Drunk History **1.00am** Lee Evans Live at Her Majesty's Theatre **2.25** Billy on the Street **2.55** Workaholics **3.20** Broad City **3.45** South Park **4.10** Sir Leslie Quint: A Life in Film **4.20-6.00am** The King of Queens (Series 7)

+1 hour: SKY 159

DMax

SKY 167 | VIRGIN 170

6.00am Operation Repo **7.00** Custom My Ride **8.00** American Chopper **10.00am-7.00pm** Bear Grylls: Born Survivor: Back-to-back editions.

7.00-10.00 Bear Grylls: Born Survivor The adventurer demonstrates how to stay alive in Mexico's Copper Canyon. **8.00pm** The former SAS soldier tackles the deadly mangroves of Panama. **9.00** Bear continues to contend with the searing heat of the Panama jungle.

10.00 Apollo 13: The True Story Comparing the ill-fated 1970 mission and its 1995 movie version.

11.00 Amish Mafia **12.00m't** American Chopper **2.00am** Custom My Ride **3.00** Operation Repo **3.50** Amish Mafia **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour: SKY 233 | VIRG 171

Food Network

SKY 248 | VIRGIN 291 | F'VIEW 41 | F'SAT 148

6.00-8.00am Barefoot Contessa – Back to Basics **8.00** Anna Olson: Fresh **9.00-11.00** Forever Summer with Nigella

11.00am-1.30pm Jamie's 15 Minute Meals **1.30pm** Ace of Cakes **2.30** Food Fighters **3.30-7.00** Diners, Drive-Ins and Dives

7.00 Diners, Drive-Ins and Dives A visit to a barbecue joint in Virginia Beach. **7.30** Sampling Puerto Rican, Italian and Cajun dishes.

8.00 Man v Food Double bill.

9.00 Jamie's American Road Trip Native American cuisine in Arizona.

10.00 Restaurant: Impossible A restaurant in Bellefonte owned by two feuding sisters. **11.00** Overhauling the decor at the Padre Rita Grill.

12.00m't-3.00am Diners, Drive-Ins and Dives

+1 hour: SKY 250 | FSAT 149

Good Food

SKY 133 HD 133/255 | VIRG 278 HD 280

6.00-8.00am Chinese Food Made Easy: Back-to-back editions. (HD) **8.00am-7.00pm** Heston's Great British Food: Back-to-back editions of the series. (HD)

7.00-11.00 Heston's Great British Food A twist on the classic British afternoon tea, featuring a cake stand made out of sponge. **8.00pm** Heston prepares a three-course pie banquet. **9.00** Heston Blumenthal celebrates the British curry house experience, putting his own stamp on chicken tikka masala. **10.00** Heston creates a supersized chocolate bar.

11.00pm-2.00am Chinese Food Made Easy: Back-to-back editions. (HD) **2.00am** Home Shopping **5.00-6.00am** Chinese Food Made Easy: Double bill. (HD)

+1 hour: SKY 243 | VIRG 279

Home

SKY 196 | VIRGIN 281 | F'VIEW 25

7.00-11.00am Escape to the Country **11.00am-12.30pm** Jamie's Summer Food Rave Up **12.30-2.00** Jamie's 30 Minute Meals **2.00pm** Extreme Makeover: Home Edition: Double bill. **5.40** DIY SOS: The Big Build

7.00 My Dream Derelict Home A couple try to transform a servants' training school into a family home. **8.00** An investment manager tries to transform a threshing barn into a modern home.

9.00 Fantasy Homes by the Sea A couple search for their dream property on the North Yorkshire coast.

10.00 Celebrity Fantasy Homes A dream home for actress Michelle Collins.

11.00 Extreme Makeover: Home Edition **1.00am** My Dream Derelict Home **3.00-4.00am** Celebrity Fantasy Homes

+1 hour: SKY 244 | VIRG 282

Home & Health

SKY 240 | VIRGIN 284

6.00-9.00am Deliver Me: Triple bill. **9.00** St Louis: Children's Hospital **10.00** Lottery Changed My Life

12.00noon Country House Rescue **2.00pm** Buying The Rockies **3.00-7.00** Homes Under the Hammer

7.00 Homes Under the Hammer Properties in Stoke-on-Trent, Kent and Mid Glamorgan. **8.00** Properties in Wales, Manchester and Crewe.

9.00 Monsters Inside Me A couple contracts the bubonic plague during a trip to New York.

10.00 Untold Stories of the ER A doctor gets a patient drunk in a bid to save his life.

11.00 Untold Stories of the ER **12.00m't** Monsters Inside Me **1.00am** Country House Rescue **3.00-6.00am** Deliver Me: Triple bill.

+1 hour: SKY 241 | VIRG 285

Lifetime

SKY 156 HD 156/236 | VIRG 208 HD 209

6.00-9.00am Judge Judy (HD) **9.00am-12.00noon** Hardcore Pawn (HD) **12.00noon-3.00pm** Don't Tell the Bride (HD)

3.00pm Don't Tell the Bride: Greatest Moments (HD) **4.00** Don't Tell the Bride (HD) **6.00** Little Women: NY (HD)

7.00 Project Runway 10/14. Creating a look inspired by the 1970s. (Series 9) (HD)

8.00 Child Genius US (HD)

9.00 Hoarders Roxann fears repercussions if she fails to clean up her home. (HD)

10.00 The Jail: 60 Days In Fear of a contagious rash rips through F-Pod. (HD)

11.00 Little Women: NY (HD) **12.00m't** Neighbours with Benefits (HD) **1.00am** Hoarders (HD) **2.00** The Jail: 60 Days In (HD) **3.00** Don't Tell the Bride (HD) **5.00-6.00am** Storage Wars (HD)

+1 hour: SKY 197

Quest

SKY 144 | VIRG 172 | F'VIEW 37

6.00-11.00am Robson Green's Australian Adventure **12.00noon** The Loch Ness Monster Revealed **1.00pm** Colossal Squid **2.00** Man-Eating Super Croc **3.00** Man-Eating Super Snake **4.00** John Lydon's Mega Bugs **6.00** Wheeler Dealers

7.00 LIVE FIA World Rallycross Championship Coverage of the Rallycross of Canada, the seventh round of the 2016 season, held at Circuit Trois-Rivieres, Quebec.

9.00 Salvage Hunters Drew Pritchard visits the Great Fulford estate in Devon.

10.00 I Am Johnny Cash

12.00m't Forensic Detectives **1.00am** Jack the Ripper in America **2.00** Disappeared **3.00** Tommy Walsh's Space Invaders **4.00** Build, Buy or Restore? **5.00-6.00am** A Racing Car Is Born

+1 hour: SKY 195 | VIRG 173 | F'VIEW 38

Really

SKY 155 | VIRGIN 129 | F'VIEW 17 | F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** The Sheriffs Are Coming **9.00** Homes Under the Hammer

11.00 DIY SOS: The Big Build **1.00pm** Escape to the Country **3.00-6.00** Fantasy Homes by the Sea **6.00** Countryside 999

7.00 Pound Shop Wars Chris Edwards finds a rival store using the Poundworld name. **7.30** CEO Chris decides to launch an online shop.

8.00 The Sheriffs Are Coming

9.00 Embarrassing Bodies The doctors set up their drop-in clinic in Caerphilly.

10.00 One Born Every Minute Three couples in different circumstances prepare for their new arrivals.

11.00 Babies: Special Delivery **12.00m't** Most Haunted **1.00am** The Other Side **2.00** Home Shopping **4.00-6.00am** The Clothes Show

Shed

SKY 242 | VIRGIN 286

6.00-8.00am Off the Hook: Extreme Catches **8.00** Total Fishing with Matt Hayes **9.00** The Fishing Adventurer **11.00** Mythbusters

1.00-3.00pm Off the Hook: Extreme Catches **3.00pm** Total Fishing with Matt Hayes **4.00** The Fishing Adventurer **6.00** Property Wars

7.00 Overhaulin' Chip Foose and a team of mechanics restore a Pontiac GTO. **8.00** An El Camino is in desperate need of a facelift.

9.00 Bear Grylls: Born Survivor Bear takes two fans across frigid Canadian rivers and down lethal glaciers. **10.00** Behind-the-scenes special focusing on the camera crew that films Bear.

11.00 Manhunt **12.00m't** Chaos Caught on Camera **1.00am** Destroyed in Seconds **2.00** The Fishing Adventurer: Double bill. **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 | VIRGIN 193

7.00am Ghost Hunters **9.00am-2.00pm** Saving Hope **2.00pm FILM** Mona Lisa Smile: Period drama starring Julia Roberts. (2003, 12, 119min) ★★

4.25 FILM Stepmom: Melodrama starring Julia Roberts and Susan Sarandon. (1998, 12, 121min) ★★★

7.00 FILM Streetfighter Martial arts action drama starring Jean-Claude Van Damme and Raul Julia. (1994, 12, 102min) ★★

9.00 FILM The Numbers Station Spy thriller starring John Cusack and Malin Akerman. (2013, 15, 85min) ★★★

10.50 FILM Primal Fear: Courtroom thriller. (1996, 18, 129min) ★★★ **1.30am** Satisfaction **2.35** Ghost Hunters International **3.30-4.00am** Will & Grace

+1 hour: SKY 181

Spike

SKY 160 | F'VIEW 31 | F'SAT 141

9.00am Access **9.05** Bar Rescue **10.00** Catch a Contractor **11.00** Police Interceptors: Double bill.

1.00pm FILM Hotel Sahara: Comedy. (1951, b/w, PG, 96min) ★★★ **2.50 FILM** Gunfight at Comanche Creek: Western. (1963, U, 90min) ★ **4.40 FILM** Escape to Victory: World War Two PoW drama. (1981, PG, 111min) ★★

7.00 Police Interceptors A person parks on a roundabout and a pedestrian is crushed under a car. **8.00** The alcohol-fuelled actions of one driver ruptures a gas main in a village.

9.00 FILM Gran Torino Drama directed by and starring Clint Eastwood. A bigoted widower is drawn into the lives of his immigrant neighbours. (2008, 15, 116min) ★★★★

11.20pm-2.20am The X-Files **2.20am** Criminals: Caught on Camera **2.55-3.00am** Access

TLC

SKY 125 HD 125/234 | VIRG 167 HD 168

6.00-10.00am Cake Boss (HD) **10.00am-1.00pm** Extreme Couponing (HD) **1.00-5.00** Cake Boss (HD) **5.00pm** Whitney: Fat Girl Dancing (HD) **6.00** My Giant Life (HD)

7.00 My Four Wives NEW EDITION The Browns' holiday descends into arguments. (HD)

8.00 Say Yes to the Dress Canada Double bill. (HD)

9.00 Gypsy Brides US A traditional wedding is held in Romania. (HD)

10.00 Return to Amish NEW EDITION Catching up with the people featured in the show. (HD)

11.00 Undressed (HD) **12.00m't** Say Yes to the Dress Canada (HD) **1.00am** Gypsy Brides US (HD) **2.00** Return to Amish (HD) **3.00** Extreme Couponing (HD) **4.00-6.00am** Cake Boss (HD)

+1 hour: SKY 154 | VIRG 169

TruTV

SKY 198 | VIRGIN 212 | F'VIEW 68 | F'SAT 154

6.00am-2.00pm Psychic Detectives: Back-to-back editions. **2.00pm** Stranger In My Home: Real-life stories of mystery and suspense. **4.00** Fear Thy Neighbour

6.00 America's Got Talent Having sat through the auditions, the judges must now choose who they want to go through to the next round. **8.00** Simon Cowell, Howie Mandel, Mel B and Heidi Klum continue the Judge Cuts.

10.00 Stranger In My Home Re-enactments of real-life stories of mystery and suspense, revealing what could happen if someone opens the door to the wrong person.

11.00 Stranger In My Home **12.00m't** Conspiracy Theory with Jesse Ventura **2.00-6.00am** Crime Stories: Back-to-back editions.

+1 hour: SKY 271

YourTV

SKY 199 | F'VIEW 72 | F'SAT 157

9.00am Corrupt Crimes **10.00am-3.00pm** Serial Swindlers: Back-to-back editions. **3.00-7.00** Snapped: Women Who Kill: Back-to-back editions.

7.00pm Snapped: Women Who Kill The story of Tracey Richter, whose plan to frame her husband for the murder of another man backfired.

8.00-11.00 Unusual Suspects Between 1980 and 1991 a series of California fires leads investigators on the hunt for a serial arsonist. **9.00** How the murder of a wealthy widow sent shockwaves through a small town, and how the victim's own records were the key to finding the killer. **10.00** The re-examination of a clue that helped officers close in on a serial killer.

11.00 Unusual Suspects **1.00-3.00am** Corrupt Crimes: Back-to-back editions.

Discovery

SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00-9.00am Fast N' Loud (HD) **9.00** Insane Pools: Off the Deep End (HD) **11.00am-3.00pm** Gold Rush: Back-to-back editions. (HD)
3.00pm Marooned with Ed Stafford (HD) **4.00** Aircrash Confidential (HD) **5.00** Idris Elba: No Limits: Trying to break a land speed record. (HD)
6.00 What Could Possibly Go Wrong? Kevin Moore and Grant Reynolds test a home-made hydrofoil. (HD)

7.30 Sonic Sea

7.00 How It's Made: Top 5 Countdowns Popular products. (HD)
7.30 NEW Sonic Sea How underwater noise caused by man-made marine constructs are threatening the survival and prosperity of whales, sharks and dolphins. (HD)

9.00 Yukon Men NEW EDITION A devastating fire forces the villagers to modify traditional techniques to survive the winter. (HD)

10.00 Dual Survival NEW EDITION The dense jungle of Belize. (HD)

11.00 Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Yukon Men (HD) **3.50** Dual Survival (HD) **4.40-6.00am** How It's Made

+1 hour SKY 521 VIRGIN 252

Animal Planet

SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD)
9.00 Animal Cops Houston (HD) **3.00pm** Treetop Cat Rescue (HD) **4.00** Snake Sheila (HD) **5.00** Insane Pools: Off the Deep End (HD)
6.00 Treehouse Masters: Pete Nelson constructs a clubhouse for a summer camp for children who are battling cancer. (HD)

9.00 River Monsters

7.00 Tanked The duo are asked to create a pipeline water tank, and also a smoker aquarium for the Rolling Smoke BBQ. (HD)

8.00 Shark Alley: Legend of Dynamite A juvenile Great White shark's journey to maturity on South Africa's Western Cape. (HD)

9.00 River Monsters The stories behind supposedly deadly freshwater creatures in Fiji's South Pacific paradise. (HD)

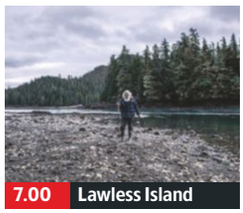
10.00 Insane Pools: Off the Deep End (HD) **11.00** Animal Cops Houston (HD) **1.00am** Shark Alley: Legend of Dynamite (HD) **2.00** River Monsters (HD)
3.00 Insane Pools: Off the Deep End (HD) **3.50** Alaska: The Last Frontier (HD) **4.40** Whale Wars (HD) **5.30-6.00am** Snow Leopards of Leafy London (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic

SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am-6.00pm Wicked Tuna: Back-to-back editions, including at: **5.00pm** The four leading captains hope to make one last big haul in the final week. (HD)
6.00 NEW Wicked Tuna Reel Talk 2016 Captains and first mates from the fifth season answer a studio audience's questions on their rivalries and their most intense, dangerous and funny moments at sea. (HD)


7.00 Lawless Island

7.00 Lawless Island NEW EDITION Mary takes Amanda on her first deer hunt, which proves an eye-opening experience. (HD)

8.00-11.00 Britain's Underworld The crime bosses of Britain's cities between the 1950s and 1990s, starting with those in Glasgow. (HD)

9.00 The life of Liverpool's Curtis 'Cocky' Warren, who made his money in drugs and was featured on the *Sunday Times Rich List*. (HD)

10.00 The notorious crime bosses who terrorised Manchester over five decades and the power struggles that have taken place. (HD)

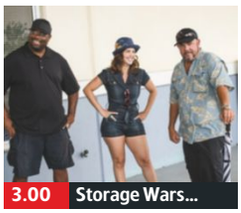
11.00pm-2.00am Britain's Underworld (HD) **2.00-5.00am** Supercars (HD)

+1 hour SKY 527 VIRGIN 267

History

SKY 529 HD 529/545 VIRGIN 270

8.00am-2.00pm Pawn Stars: Back-to-back editions. (HD) **2.00pm** Car Hunters (HD) **3.00** Storage Wars Miami (HD) **4.00** Storage Wars (HD)
5.00 Pawn Stars: Featuring the smashed guitar of KISS frontman Paul Stanley. (HD) **6.00** Smartest Guy in the Room: A paper airplane engineering challenge. (HD) **6.30** Building a self-propelling boat using simple materials. (HD)


3.00 Storage Wars...

7.00 Mountain Men Following the lives of men living off the land in some of America's most inhospitable mountain ranges. (HD)

8.00 Pawn Stars A *Star Wars* Boba Fett action figure prototype. (HD) **8.30** The work of Las Vegas pawnbrokers. (HD)

9.00 Battle Of Kings: Bannockburn Drama-documentary about the medieval battle in which a Scottish army led by Robert the Bruce defeated a much larger English force, winning independence for their homeland. (HD)

11.00 Storage Wars (HD) **12.00m't** Battle Of Kings: Bannockburn (HD) **2.00am** Storage Wars (HD) **3.00-5.00am** Pawn Stars (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday

SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Chris Tarrant: Extreme Railways **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets
11.00 Impossible Engineering **12.00noon** Chris Tarrant: Extreme Railways **1.00pm** The World at War **2.00** Monarchy by David Starkey
3.00 Museum Secrets **4.00** Impossible Engineering **5.00** Chris Tarrant: Extreme Railways **6.00** The World at War

8.00 Codebreaker

7.00 Monarchy by David Starkey Focusing on the Wars of the Roses and the rise of Henry VII, who established the Tudor dynasty.

8.00 Codebreaker Docu-drama charting the life of British codebreaker Alan Turing, who was pivotal in breaking the Enigma machine's code during World War Two.

9.40 Return to the Falklands A soldier, a seaman and an airman return to the Falkland Islands 30 years after the conflict between Britain and Argentina.

11.15 Munich Air Disaster: I Was There **12.05am** Museum Secrets **1.05** Great British Ghosts **1.35** Cleopatra: Portrait of a Killer **2.35-3.00am** Great British Ghosts

+1 hour SKY 538 VIRGIN 246

Eden

SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am-3.30pm World's Wildest City: Manaus: Back-to-back editions of the series studying the animal life of Manaus, Brazil. (HD)
3.30-7.00 World's Wildest City: Manaus: Further back-to-back editions, including at: **5.30pm** The problems caused by vultures in Manaus. (HD) **6.00** A caiman is spotted on a beach. (HD) **6.30** The large creatures that inhabit the city. (HD)

3.30 World's Wildest...

7.00-11.00 World's Wildest City: Manaus The various species of ants in the city. (HD) **7.30** The reptiles that reside in the city. (HD)

8.00 Unusual animals, from rodents and birds, to the white-faced saki. (HD) **8.30** Studying the smallest animals living in Manaus. (HD)

9.00 Looking at the animals and fish that live in the waterways. (HD) **9.30** The wildlife experts that respond to call outs from across the city. (HD)

10.00 A look at timid pied tamarins as they struggle to find food. (HD) **10.30** Finding out why sloths are moving into the Brazilian city. (HD)

11.00pm-6.00am World's Wildest City: Manaus: Further back-to-back editions. (HD)

+1 hour SKY 533 VIRGIN 248

Sunday

7 PM

8 PM

9 PM

10 PM

Disc. History

SKY 535 VIRG 262

6.00am Aircraft Stories **8.00** Battlefield **10.00** Hitler: Germany's Fatal Attraction **11.00** How We Got Here **12.00noon** Mysteries of Asia
1.00pm Mystery of the Lost Catacombs **2.00** Time Team **3.00** Mystery of the Mary Celeste **4.00** Battlefield **6.00** Wartime Secrets with Harry Harris
7.00 Time Team
8.00 Time Team Digs
9.00 Special Forces' Secrets The US Army Rangers' secrets.
10.00 The Rise of the Nazi Party
11.00 Wartime Secrets with Harry Harris **12.00m't** Battlefield **2.00am** Special Forces' Secrets **3.00** Nazi Death Ray **4.00** Hitler: Germany's Fatal Attraction **5.00-6.00** How We Got Here

+1 hour SKY 536 VIRG 263

Disc. Science

SKY 525 VIRG 259

6.00am Food Factory **7.00-10.00** Extreme Engineering **10.00** Rory McGrath's Best of British Engineering **11.00** Home Factory **12.00noon-7.00pm** Kings of Construction
7.00pm Mythbusters The team enlists the aid of a ninja for a repeat experiment. **8.00** Re-enacting the blind driving scene from *Scent of a Woman*.
9.00 How It's Made Tea, roof finials, artificial flowers and alloy wheels. **9.30** Gel caps and frozen pancakes.
10.00 Nasa's Unexplained Files Space imagery.
11.00 Finding Bigfoot **2.00-5.30am** Kings of Construction **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild

SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Wild 24: Brazil – Deadly Paradise (HD) **9.00** Amazon's Electric Fish (HD) **10.00** Wild Amazon (HD) **12.00noon** World's Deadliest Animals (HD)
1.00pm Natural Born Monsters (HD) **2.00** Man v Monster (HD) **4.00** Monster Fish (HD) **5.00** Wild 24: Brazil – Deadly Paradise (HD) **6.00** Amazon Underworld (HD)
7.00 Secret Brazil (HD)
9.00 Amazon Underworld How animals adapt to survive the Amazon's rainy season. (HD)
10.00 Wild Amazon (HD)
11.00 Wild Amazon (HD) **12.00m't** Amazon's Electric Fish (HD) **1.00am** Amazon Underworld (HD) **2.00** World's Deadliest Animals (HD) **3.00** Natural Born Monsters (HD) **4.00-5.00am** Man v Monster (HD)

Turbo

SKY 524 VIRG 261

6.00am-7.00pm Wheeler Dealers: Back-to-back editions with mechanic Edd China and auto enthusiast Mike Brewer.
7.00-11.00 Wheeler Dealers Mike Brewer sets out to buy a Ford Sierra Cosworth on a budget of only £5000. **8.00pm** Mike tries to get his hands on one of his dad's favourites – a Ford Popular, a car known for being variable in quality. **9.00** Mike bags himself a bargain example of one of his dream cars – a Ford Fiesta XR2 – but there is only £1000 to spend on repairs. **10.00** Keen to get into the booming classic truck market, Mike manages to find an unfinished 1950s Ford F-1.
11.00pm-6.00am Wheeler Dealers: Further back-to-back editions.

PBS America

SKY 534 VIRG 276 FREESAT 156

6.00-10.05am The FBI Files: Movie of the Week **10.05** The Americans on D-Day **11.15** The Americans on Hell's Highway
12.30pm The Americans in the Bulge **2.30-6.45** The FBI Files: Movie of the Week **6.45** The Americans on D-Day
7.55 The Americans on Hell's Highway The development of Operation Market Garden, an ambitious World War Two mission.
9.10 The Americans in the Bulge A key World War Two campaign to foil the Nazi's plans to encircle and destroy Allied armies.
11.05pm-2.55am The FBI Files: Movie of the Week **2.55am** The Americans on D-Day **3.55** The Americans on Hell's Highway **5.00-6.00am** The Americans on D-Day

CI

SKY 553 HD 553/555 VIRG 275

6.00am Murder in Paradise (HD) **7.00** Crime Stories (HD) **8.00** Ms Murder (HD) **9.00-11.00** Medical Detectives
11.00 Murder She Solved (HD) **1.00pm** Crime Stories (HD) **3.00** Evil Twins (HD) **5.00** Ms Murder (HD) **6.00** Monster In My Family (HD)
8.00 Unusual Suspects An investigation into a bar-worker's death. (HD)
9.00pm-12.00m't Measuring Evil: Britain's Worst Killers Triple bill. Britain's 20 most notorious killers. (HD)
12.00m't Britain's Darkest Taboos (HD) **1.00am** Mind of a Murderer (HD) **2.00** Born to Kill (HD) **3.00** Britain's Darkest Taboos (HD) **5.00-6.00am** On the Case with Paula Zahn (HD)

+1 hour SKY 554

H2

SKY 531 VIRG 273

8.00-11.00am Cities of the Underworld **11.00am-2.00pm** Ancient Aliens: Triple bill. **2.00pm** UFO Files **4.00** The Universe **6.00** United Stuff of America **NEW EDITION**
7.00 What Really Happened The events of 6 August 1945, when an atom bomb was exploded in Hiroshima.
8.00 Alien Files: Unsealed
9.00 Missing in Alaska The legendary Iliamna Lake Monster.
10.00 Hoard Hunters The team explores an Oxfordshire forest.
11.00 What Really Happened **12.00m't** Alien Files: Unsealed **1.00am** Missing in Alaska **2.00** Hoard Hunters **3.00** What Really Happened **4.00-5.00am** Alien Files: Unsealed

SUNDAY Films

Sunday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am Burnt 7.45 Go With Me 9.30 Minions 11.05 The Good Dinosaur 12.40pm PREMIERE The Perfect Guy As 10.00pm. **2.25 The Man from U.N.C.L.E** As 8.00pm.
4.30 Minions Animated comedy with the voices of Sandra Bullock and Jon Hamm. (S) (2015, U, 91min) ★★★★ **6.15 The Good Dinosaur** Pixar animated adventure with the voices of Raymond Ochoa and Jack Bright. (S) (2015, PG, 97min) ★★★★

10.00 The Perfect Guy

8 PM **8.00 The Man from U.N.C.L.E** Spy adventure based on the 1960s TV series, starring Henry Cavill and Armie Hammer. A CIA agent is forced into an uneasy alliance with his arch-rival in the KGB to defeat a criminal organisation. (S) (2015, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.00 PREMIERE The Perfect Guy** Thriller starring Sanaa Lathan. (S) (2015, 15, 98min) ★★ *See review, page 21*
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM
11.45 Burnt Drama starring Bradley Cooper. (S) (2015, 15, 99min) ★★★
1.30am Hyena Road Military drama. (S) (2015, 15, 120min) ★★
3.35 Narcopolis Sci-fi thriller starring Elliot Cowan and Jonathan Pryce. (S) (2015, 15, 96min) ★★
5.20 The Top Ten Show 2016
5.40-6.00am The Top Ten Show 2016 Box office hits.

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.00am Tinker Bell and the Great Fairy Rescue 7.25 Cinderella 9.15 Cars 11.15 Cars 2 1.05pm Finding Pixar 1.35 Mary Poppins As 8.00pm. **3.55 Cinderella** Romantic fantasy starring Lily James. (S) (2014, U, 107min) ★★★★
5.45 McFarland, USA Fact-based drama starring Kevin Costner. A former American football coach takes a job at an underprivileged school. (S) (2015, PG, 129min) ★★★

5.45 McFarland, USA

8.00 Mary Poppins Classic Disney fantasy starring Julie Andrews as a nanny with magical powers who transforms the lives of a stuffy Edwardian banker's two children. With Dick Van Dyke and David Tomlinson. (S) (1964, U, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Robin Hood Disney feature cartoon with animals enacting the Sherwood Forest legend of Robin Hood. Featuring the voices of Peter Ustinov and Terry-Thomas. (S) (1973, U, 80min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 Disney's The Kid Fantasy starring Bruce Willis and Spencer Breslin. (S) (2000, PG, 104min) ★★
1.50am The Cat from Outer Space Disney fantasy comedy starring Ken Berry. (1978, U, 103min) ★★★
3.45-6.05am McFarland, USA Drama as shown at 5.45pm.

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.00am Chitty Chitty Bang Bang 8.25 The SpongeBob Movie: Sponge Out of Water 10.05 Kermit's Swamp Years 11.40 Monster House 1.15pm Cloudy with a Chance of Meatballs
2.50 The SpongeBob Movie: Sponge Out of Water 4.30 E.T. The Extra Terrestrial As 11.10pm. **6.25 Kermit's Swamp Years** Comedy adventure with the voice of Steve Whitmire. (2002, U, 79min) ★★

6.25 Kermit's Swamp Years

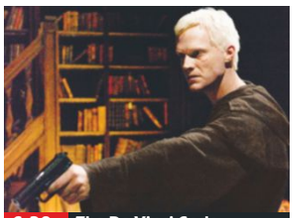
8.00 Cloudy with a Chance of Meatballs Animated comedy with the voice of Bill Hader. A young inventor creates a machine that turns rainfall into food, but his invention quickly runs out of control. (S) (2009, U, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Robot Overlords Family sci-fi adventure starring Ben Kingsley. A boy rebels against the Earth's new robotic rulers in a desperate attempt to be reunited with his father. (S) (2014, 12, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 E.T. The Extra Terrestrial Steven Spielberg's sci-fi fantasy starring Henry Thomas and Drew Barrymore. (S) (1982, U, 114min) ★★★★★
1.05am Chitty Chitty Bang Bang Children's musical fantasy starring Dick Van Dyke and Sally Ann Howes. (S) (1968, U, 136min) ★★★★
3.30 Robot Overlords As 9.35pm.
5.05-6.40am Monster House Animated comic horror adventure. (S) (2006, PG, 91min) ★★★★

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.00am Twister 7.55 The Da Vinci Code 10.25 Avengers: Age of Ultron 12.50pm Sherlock Holmes As 11.25pm. **3.00 Rocky V** Boxing drama sequel starring Sylvester Stallone. (S) (1990, PG, 104min) ★
4.45 Rocky Balboa Sports drama sequel starring Sylvester Stallone. (2006, 12, 102min) ★★★ **6.30 The Da Vinci Code** Conspiracy thriller starring Tom Hanks and Audrey Tautou. (S) (2006, 12, 149min) ★★★


6.30 The Da Vinci Code

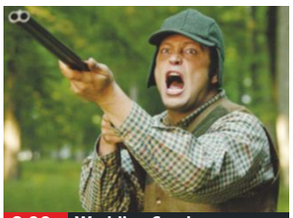
The Da Vinci Code (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Avengers: Age of Ultron Sci-fi adventure sequel starring Robert Downey Jr and Chris Hemsworth. The superhero team faces a threat from within when Tony Stark creates an artificial intelligence to take their place protecting the world. The android grows resentful, and decides his mission is best accomplished by wiping out the human race. (S) (2015, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 Sherlock Holmes Guy Ritchie's rollicking action adventure starring Robert Downey Jr and Jude Law. (S) (2009, 12, 128min) ★★★★
1.35am Armageddon Sci-fi action adventure starring Bruce Willis, Liv Tyler, Steve Buscemi and Ben Affleck. (S) (1998, 12, 151min) ★★
4.10-6.00am Rocky V As 3.00pm.

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

7.10am The Waterboy 8.50 The Simpsons Movie 10.30 The Top Ten Show 2016 10.45 Entourage
12.40pm Crocodile Dundee Comedy adventure. (S) (1986, 15, 102min) ★★★★★ **2.25 Crocodile Dundee II** Comedy adventure sequel. (S) (1988, PG, 111min) ★★ **4.25 Crocodile Dundee in Los Angeles** Comedy sequel. (2000, PG, 95min) ★★ **6.10 The Wedding Ringer** Comedy. (S) (2015, 15, 98min) ★★


8.00 Wedding Crashers

8.00 Wedding Crashers Romantic comedy starring Vince Vaughn and Owen Wilson as a pair of scheming lawyers who spend their lives gatecrashing weddings. With Rachel McAdams, Isla Fisher and Christopher Walken. (S) (2005, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Entourage Comedy starring Adrian Grenier, Jeremy Piven and Kevin Connolly. (S) (2015, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't The Simpsons Movie Animated comedy featuring the voice of Dan Castellaneta. (S) (2007, PG, 83min) ★★★★★
1.35am In Her Shoes Bittersweet comedy drama starring Cameron Diaz. (S) (2005, 12, 130min) ★★
3.50 Playing It Cool Romantic comedy starring Chris Evans. (S) (2014, 15, 91min) ★★
5.30-6.00am Pitch Perfect 2 Special With Anna Kendrick.

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

6.35am The Nut Job 8.05 Ghostbusters: Special 8.35 Penguins of Madagascar 10.20 Home 12.05pm Horrible Bosses 2 2.05 The Top Ten Show 2016 2.20 Crimson Peak As 8.00pm.
4.30 Penguins of Madagascar Animated comedy. (S) (2014, U, 90min) ★★★★ **6.15 Home** Animated adventure. (S) (2014, U, 94min) ★★★

8.00 Crimson Peak Horror starring Mia Wasikowska. (S) (2015, 15, 116min) ★★★★
10.00 Fifty Shades of Grey Erotic drama starring Jamie Dornan and Dakota Johnson. (S) (2015, 18, 120min) ★★
12.10am The Green Mile Supernatural prison drama starring Tom Hanks. (S) (1999, 18, 189min) ★★★★
3.20 Horrible Bosses 2 Comedy starring Jason Bateman and Charlie Day. (S) (2014, 15, 104min) ★★
5.20-7.05am The Book of Life Animated adventure with the voice of Diego Luna. (S) (2014, U, 91min) ★★★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am Spy Kids 7.35 Spy Kids 2: Island of Lost Dreams 9.20 Spy Kids 3: Game Over 10.50 Get Smart 12.50pm Mission: Impossible – Rogue Nation
3.05 Spy Kids 4.45 Spy Kids 2: Island of Lost Dreams 6.30 Spy Kids 3: Game Over Sci-fi comedy adventure with Daryl Sabara. (S) (2003, U, 84min) ★★★

8.00 Ronin Action thriller starring Robert De Niro. (1998, 15, 121min) ★★★
10.05 Mission: Impossible – Rogue Nation Spy thriller sequel starring Tom Cruise and Rebecca Ferguson. (S) (2015, 12, 131min) ★★★★
12.35am Get Smart Spy comedy starring Steve Carell. (S) (2008, 12, 109min) ★★★
2.35 The Rock Action thriller starring Sean Connery. (1996, 15, 136min) ★★★★
5.00 Mad Max: Fury Road Special Behind the scenes.
5.20 The Top Ten Show 2016
5.40-6.00am Avengers: Age of Ultron Special

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

8.25am Canyon Raiders 9.30 Many Rivers to Cross 11.25 Barry Lyndon 3.00pm The Searchers Classic John Ford Western starring John Wayne. (1956, U, 114min) ★★★★★
5.25 Vengeance Valley Western starring Burt Lancaster. A virtuous rancher tries to keep his reckless foster brother out of trouble. (1951, PG, 83min) ★★

7.05 The Plunderers Western starring Jeff Chandler, Dolores Hart and John Saxon. (1960, PG, 94min) ★★
9.00 Jeremiah Johnson Adventure starring Robert Redford as a 19th-century Rocky Mountains trapper. (1972, PG, 107min) ★★★
11.00 Outbreak Thriller starring Dustin Hoffman, Rene Russo and Morgan Freeman. (1995, 15, 128min) ★★★
1.30am Conspiracy Theory with Jesse Ventura
3.20-6.10am Hollywood's Best Film Directors

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Dr Who and the Daleks 10.45 Silverado 1.30pm Les Misérables Adaptation of Victor Hugo's novel, starring Liam Neeson. (1998, 12, 134min) ★★
4.15 One Fine Day Romantic comedy starring Michelle Pfeiffer. (1996, PG, 108min) ★★★ **6.25 Legends of the Fall** Period drama with Brad Pitt. (1994, 15, 133min) ★★★

9.00 Battle of the Damned Sci-fi adventure with Dolph Lundgren and Matt Doran. (2013, 15, 85min) ★★
10.50 Random Hearts Romantic drama starring Harrison Ford, Bonnie Hunt and Kristin Scott Thomas. (1999, 15, 133min) ★★★
1.35am The Numbers Station Spy thriller starring John Cusack and Malin Akerman. (2013, 15, 85min) ★★★
3.25 Sony Movie News Extra
3.35 Fools Rush In Romantic comedy starring Matthew Perry. (1997, 12, 109min) ★★
5.45-6.00am Sony Movie News Extra

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am Meteorites! 9.50 Horror Highlights 10.00am-3.00pm The Lost World 3.00pm Monster Wolf Sci-fi horror starring Jason London. (2010, 15, 90min) ★★★
4.50 The Man Who Haunted Himself Chiller starring Roger Moore. (1970, PG, 90min) ★★★ **6.40 At the Earth's Core** Sci-fi with Peter Cushing. (1976, PG, 86min) ★★★

8.30 Tales from the Darkside
9.00 Dracula – Prince of Darkness Hammer horror starring Christopher Lee. (1965, 15, 90min) ★★★
10.50 Sawney: Flesh of Man Horror with David Hayman. (2012, 18, 86min) ★★
12.45am The Devil's Tomb Horror thriller starring Cuba Gooding Jr and Valerie Cruz. (2009, 18, 90min) ★★
2.35 Perfect Creature Vampire thriller with Dougray Scott. (2006, 15, 88min) ★★
4.20-4.30am Horror Highlights Previews.

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am The Christmas Wish 9.00 Lethal Seduction 11.00 Stolen Babies 1.00pm Chasing Secrets Drama starring Della Reese. (1998, PG, 90min) ★★
3.00 The Unspoken Truth Drama with Lea Thompson. (1995, 15, 88min) ★★ **5.00 For Love of Olivia** Legal drama starring Louis Gossett Jr. (2001, PG, 85min) ★★

7.00 Thicker Than Blood Drama starring Peter Strauss. (1993, PG, 89min) ★★
9.00 The Diary of Anne Frank Fact-based drama starring Maximilian Schell, James Coco and Melissa Gilbert. (1980, PG, 110min) ★★
11.00 Against Her Will: The Carrie Buck Story Real-life drama starring Marlee Matlin. (1994, PG, 120min) ★★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am A Holiday for Love Romantic drama starring Tim Matheson and Melissa Gilbert. (1996, U, 90min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.00am Dirty Harry 7.50 Assassin 9.20 The Equalizer 11.35 Along Came a Spider 1.20pm Pawn 2.55 Dirty Harry Thriller starring Clint Eastwood and Harry Guardino. (1971, 18, 103min) ★★★★★
4.40 The Equalizer Action thriller starring Denzel Washington. (S) (2014, 15, 154min) ★★★ **6.55 Lethal Weapon 3** Comedy action thriller sequel starring Mel Gibson. (S) (1992, 15, 118min) ★★

6.55 Lethal Weapon 3

Lethal Weapon 3 (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Shaft Crime thriller inspired by the 1970s screen icon, starring Samuel L Jackson as a streetwise New York cop seeking to bring down the racist killer of a young black student. With Christian Bale. (S) (2000, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

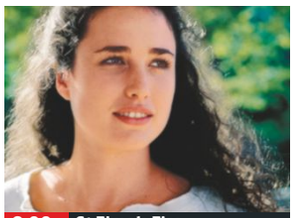
10.45 Kiss the Girls Thriller starring Morgan Freeman. A forensic psychologist strives to catch a serial kidnapper. (S) (1997, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45am Along Came a Spider Thriller starring Morgan Freeman. (S) (2001, 15, 103min) ★★★
2.35 New Jack City Crime drama. (1991, 18, 97min) ★★★
4.25-6.10am Angel Flight Down Adventure starring Patricia Kalember. (S) (1996, PG, 88min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

6.05am Ghostbusters: Special 6.35 East of Eden 8.35 The Bodyguard 10.55 Ghostbusters: Special 11.25 Definitely, Maybe 1.25pm St Elmo's Fire As 8.00pm. **3.25 Selma** Fact-based drama starring David Oyelowo and Carmen Ejogo. (S) (2014, 12, 128min) ★★★★★
5.40 Terms of Endearment Oscar-winning comedy drama starring Shirley MacLaine and Debra Winger. (S) (1983, 15, 132min) ★★★★★


8.00 St Elmo's Fire

8.00 St Elmo's Fire Brat Pack drama starring Emilio Estevez, Demi Moore, Rob Lowe, Andrew McCarthy, Ally Sheedy, Andie MacDowell, Judd Nelson and Mare Winningham as college graduates confronting the realities of the adult world. (S) (1985, 15, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

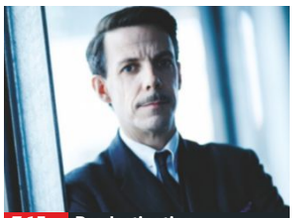
10.00 The Theory of Everything Biopic of Stephen Hawking, starring Eddie Redmayne and Felicity Jones. (S) (2014, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10am Cruel Intentions Contemporary update of *Les Liaisons Dangereuses*, starring Ryan Phillippe and Sarah Michelle Gellar. (S) (1999, 15, 97min) ★★★
1.55 Beyond the Sea Musical biopic starring Kevin Spacey and Kate Bosworth. (2004, 12, 118min) ★★★
4.00-6.30am Zorba the Greek Oscar-winning drama with Anthony Quinn. (1964, PG, 131min) ★★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am Sunshine 8.00 Self/less 10.00 Predestination 11.45 The Top Ten Show 2016 12.00noon The Matrix Sci-fi, as shown at 9.00pm. **2.25pm Superman Returns** As shown at 11.30pm.
5.10 Self/less Sci-fi thriller starring Ryan Reynolds and Ben Kingsley. (S) (2015, 12, 117min) ★★★ **7.15 Predestination** Sci-fi thriller with Ethan Hawke and Sarah Snook. (S) (2014, 15, 95min) ★★★★


7.15 Predestination

Predestination (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

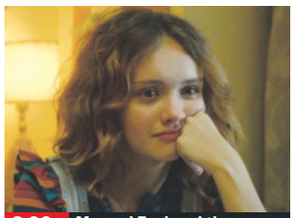
9.00 The Matrix Sci-fi action thriller starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers. (S) (1999, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Superman Returns Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. (S) (2006, 12, 154min) ★★★
2.15am Sunshine Sci-fi thriller from director Danny Boyle, starring Cillian Murphy, Chris Evans and Rose Byrne. (S) (2007, 15, 103min) ★★★★
4.15-6.00am Project: ALF Sci-fi comedy sequel to the TV series, starring Miguel Ferrer and Martin Sheen. (1996, PG, 87min) ★★★

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.00am The Hurricane 8.30 March of the Penguins 9.55 Insomnia 12.00noon Me and Earl and the Dying Girl As 8.00pm. **1.55pm Sunset Boulevard** Classic Hollywood drama starring William Holden. (S) (1950, b/w, PG, 110min) ★★★★★
3.50 Million Dollar Baby Boxing drama starring Clint Eastwood. (S) (2004, 12, 132min) ★★★★★ **6.05 Whiplash** Drama with Miles Teller. (S) (2014, 15, 104min) ★★★★★


8.00 Me and Earl and the...

8.00 Me and Earl and the Dying Girl Comedy drama starring Thomas Mann and Olivia Cooke. A socially awkward teenager forms a life-changing friendship with a girl who has been diagnosed with leukaemia. (S) (2015, 12, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Casino Martin Scorsese's crime drama about the rise and fall of a gambler who becomes the boss of a Mob-run casino in 1970s Las Vegas. Stars Robert De Niro, Sharon Stone and Joe Pesci. (1995, 18, 178min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

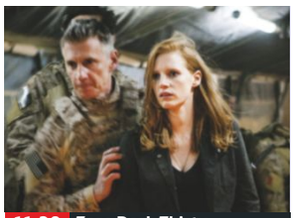
1.00am Theeb World War One drama starring Jacir Eid Al-Hwietat. (S) (2013, 15, 100min) ★★★★
2.55-5.00am Hang 'Em High Revenge Western starring Clint Eastwood, Inger Stevens, Ed Begley, Pat Hingle and James MacArthur. (1967, 18, 114min) ★★★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am St. Trinian's 1.00pm The Core Sci-fi action thriller. (S) (2002, 12, 135min) ★ **3.50 PREMIERE The Tale of the Princess Kaguya** Animated fantasy. (S) (2013, U, 137min) ★★★★ *See review, page 24*
6.40 Mission: Impossible II Action thriller sequel with Tom Cruise. (S) (2000, 15, 124min) ★★★★


11.20 Zero Dark Thirty

Mission: Impossible II (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Die Hard 2 Action thriller sequel starring Bruce Willis as a New York cop striving to foil a terrorist plot to take over Washington's Dulles Airport. (S) (1990, 18, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 Zero Dark Thirty Kathryn Bigelow's gripping fact-based drama. (S) (2012, 15, 157min) ★★★★★
2.25-4.00am Apartment 143 Supernatural horror thriller. (S) (2011, 15, 77min) ★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Sunday

8 PM
9 PM
10 PM
11 PM

Sony Movies

SKY 323

9.00am Stuart Little 3: Call of the Wild 10.35 The Wind and the Lion 1.00pm Hope and Glory Wartime drama with Sebastian Rice-Edwards. (1987, 15, 113min) ★★★
3.10 Dancing at the Harvest Moon Drama with Jacqueline Bisset. (2001, PG, 84min) ★★ **5.00 Roxanne** Romantic comedy starring Steve Martin. (1987, PG, 102min) ★★★★

7.10 Saints and Soldiers: Battle of the Tanks War Two drama with K Danor Gerald. (2014, 12, 91min) ★★
9.00 Crossfire Crime thriller starring Robert De Niro. (2012, 18, 92min) ★★
10.55 The Hard Corps Action thriller starring Jean-Claude Van Damme. (2006, 15, 110min) ★★★
1.10am Sony Movie News Extra The latest film news.
1.20 The Shepherd Action thriller. (2008, 15, 91min) ★★
3.15-6.00am Julius Caesar Epic drama with Jeremy Sisto.

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am Lead with Your Heart 9.00 Bound and Babysitting 11.00 Autumn Dreams 1.00pm All Yours Romantic drama. (2016, PG, 84min) ★★ **3.00 NEW SERIES When Calls the Heart** Rosemary and Lee go on an adventure. (Series 3)
5.00 PREMIERE Twist of Fate Drama starring Cassie Steele. (2016, PG, 120min) ★★

7.00 Ms. Matched Romantic comedy starring Alexa PenaVega and Leah Gibson. (2016, PG, 120min) ★★
9.00 My Boyfriends' Dogs Comedy with Teryl Rothery and Erika Christensen. (2014, PG, 84min) ★★
11.00 The Hot Flashes Comedy starring Brooke Shields and Daryl Hannah. (2013, 15, 99min) ★★★
1.00am I Do (But I Don't) Romantic comedy starring Denise Richards and Dean Cain. (2004, PG, 90min) ★★
3.00-5.00am 40 Below and Falling Romantic comedy. (2015, 12, 120min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am Machine-Gun Kelly 7.40 The Sword of El Cid 9.20 Commandos Strike at Dawn 11.25 Passchendaele
1.35pm Dragonfly Squadron Drama. (1954, b/w, U, 83min) ★★ **3.20 Steel Tempest** World War Two drama. (2000, 15, 85min) ★★ **5.05 One Minute to Zero** War drama with Robert Mitchum. (1952, b/w, PG, 106min) ★★

7.15 Bomb at 10:10 Wartime drama starring George Montgomery and Branko Plesa. (1967, PG, 88min) ★★
9.00 Normandy: The Last Rescue World War Two drama starring Brett Cullen. (2015, 15, 101min) ★★
11.10 Code Name: Wild Geese Action adventure starring Lewis Collins and Lee Van Cleef. (1984, 15, 101min) ★★
1.10am Commando Leopard Action adventure starring Lewis Collins and Klaus Kinski. (1985, 15, 100min) ★★
3.15-4.00am The Hawker Hurricane The history of the fighter aircraft.

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

6.01pm Cloud 9 *Disney* (HD) ★★★
6.15pm Monsters, Inc *Channel 4* Animated comedy adventure. (HD) ★★★★★
6.45pm The Hobbit: An Unexpected Journey *ITV2* Fantasy. (HD) ★★★
7.00pm Streetfighter *SonyTV* ★★
7.05pm A Single Man *AMC* ★★★★★
7.10pm Lavalantula *Syfy* ★★
8.00pm Cannonball Run II *ITV4* (HD) ★
9.00pm 47 Ronin *Channel 4* (HD) ★★
9.00pm Gran Torino *Spike* ★★★★
9.00pm The Numbers Station *SonyTV* ★★★
9.00pm X-Men *Syfy* ★★★
9.10pm A Private Function *GOLD* ★★★

10pm TILL LATE

10.15pm Raw Deal *ITV4* (HD) ★★
10.50pm Primal Fear *SonyTV* ★★★
11.10pm Sharknado 4: The 4th Awakens *Syfy* Offbeat action horror thriller. ★★
11.15 Youth in Revolt *BBC2 (Not Scot)* ★★★
11.20pm Ghost *Channel 4* (HD) ★★★★★
12.25am Nighthawks *ITV4* (HD) ★★★
1.10am Ice Sharks *Syfy* ★
4.00am 2012: Ice Age *Syfy* ★

(S) Subtitles (SL) Signing

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **6.30** Major League Soccer (HD) **8.30** The Sunday Supplement (HD) **10.00** Goals on Sunday (HD) **11.30 LIVE** EFL: Queens Park Rangers v Leeds United: Kick-off is at 12.00. (HD)

2.00pm LIVE SPFL Football Hearts v Celtic: The Scottish Premiership clash at Tynecastle. Kick-off is at 2.15. (HD)

4.15 LIVE EFL Sheffield Wednesday v Aston Villa: Coverage of the Championship match from Hillsborough. Kick-off is at 4.30. (HD)

7.00 Goals on Sunday A review of Saturday's football action. (HD)

8.30 International Champions Cup Football Liverpool v Barcelona. (HD)

9.05 LIVE MLS Portland Timbers v Sporting Kansas City: Coverage from Providence Park. Kick-off is at 9.08. (HD)

11.15 Football Gold (HD)

12.05am LIVE MLS: Orlando City SC v Seattle Sounders. (HD) **2.15** Football Gold (HD) **2.30 LIVE** MLS: Los Angeles Galaxy v New Red Bulls. (HD) **4.40** Football Gold (HD) **5.00-6.00am** Premier League Legends (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Cricket's Greatest (HD) **8.00** Test Cricket (HD) **9.00** Test Cricket: The Verdict (HD) **10.00** Cricket Writers on TV (HD)

10.30 LIVE Test Cricket England v Pakistan: Coverage of the fifth and final day of the third Test in the four-match series, which takes place at Edgbaston. (HD)

6.00pm Cricket's Greatest A profile of Glenn McGrath. (HD)

6.30 Cricket's Greatest Don Bradman. (HD)

7.00 Cricket's Greatest Garfield Sobers. (HD)

7.30 Cricket's Greatest Ian Botham. (HD)

8.00 Test Cricket England v Pakistan. (HD)

9.00 Test Cricket: The Verdict England v Pakistan. (HD)

10.00 Cricket's Greatest David Gower. (HD)

10.30 Cricket's Greatest Graham Gooch. (HD)

11.00 Test Cricket As shown at 8.00pm. (HD)

12.00m't Test Cricket: The Verdict: As shown at 9.00pm. (HD) **1.00am** Cricket's Greatest (HD) **2.00** Test Cricket (HD) **3.00** Test Cricket: The Verdict (HD) **4.00-6.00am** Cricket's Greatest (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Darts Gold (HD) **7.00** GAA (HD) **11.30** Sporting Heroes: Gary Newbon Interviews Tanni Grey-Thompson (HD)

12.30pm LIVE Weber Cup Ten Pin Bowling Coverage of the first session on day three at EventCity in Manchester, where Europe's top bowlers take on their American counterparts.

3.00 LIVE GAA Kilkenny v Waterford: The first All-Ireland Senior Hurling Championship semi-final at Croke Park. Throw-in is at 3.30. (HD)

5.30 Darts Gold (HD)

6.00 LIVE Weber Cup Ten Pin Bowling Coverage of the second session on day three at EventCity in Manchester.

10.00 International Champions Cup Football Liverpool v Barcelona: Action from the pre-season match at Wembley Stadium. (HD)

10.30 Goals on Sunday Saturday's action. (HD)

11.30 GAA Kilkenny v Waterford. (HD)

2.00am Sporting Heroes: Gary Newbon Interviews Martina Hingis (HD) **3.00** Time of Our Lives **4.00** Sporting Triumphs (HD) **5.00** Darts Gold (HD) **5.30-6.00am** Sporting Greats

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic (HD) **7.00** European Tour Golf (HD) **8.00** PGA Tour Classic (HD) **9.00** European Tour Golf (HD) **10.00** Sporting Rivalries (HD) **10.30 LIVE** European Tour Golf: The Paul Lawrie Match Play: Coverage of the final day from Archerfield Links Golf Club in East Lothian. (HD)

12.30pm Sporting Rivalries (HD)

1.00 PGA Tour Classic A look back at the 1996 Quad City Classic.

2.00 LIVE European Tour Golf The Paul Lawrie Match Play: Further coverage of the final day from East Lothian. (HD)

6.00 LIVE PGA Tour Golf The Travelers Championship: Coverage of the fourth and final day of the event held at the TPC River Highlands in Connecticut. (HD)

11.00 European Tour Golf The Paul Lawrie Match Play. (HD)

12.00m't PGA Tour Classic **1.00am** European Tour Golf: As shown at 11.00pm. (HD) **2.00** Shell's Wonderful World of Golf **3.00** European Tour Golf (HD) **4.30** Sporting Greats **5.00-6.00am** Sporting Rivalries (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest Players (HD) **9.00** International Champions Cup Football (HD) **9.30** WWE – Smackdown (HD) **10.30** Football's Greatest Players (HD) **11.05** Spanish Football Gold (HD) **11.20 LIVE** Eredivisie Football: FC Groningen v Feyenoord: Coverage from Euroborg. Kick-off is at 11.30. (HD)

1.30pm Football's Greatest Players (HD)

2.00 LIVE SPFL Football Hearts v Celtic: Coverage from Tynecastle. Kick-off is at 2.15. (HD)

4.30 WWE from the Vault Double bill. (HD)

5.00 WWE – Experience The latest from *Raw*. (HD)

6.00 WWE – Raw (HD)

7.00 WWE from the Vault Double bill. (HD)

7.30 GAA The first semi-final match from the All-Ireland Senior Hurling Championship. (HD)

10.00 WWE – Late Night – Raw (HD)

11.00 WWE – Late Night – Smackdown (HD)

12.00m't WWE Main Event (HD) **1.00am** WWE – Experience (HD) **2.00** Football's Greatest Players (HD) **5.00-6.00am** Spanish Football Gold

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.30am Show Jumping **8.30** ATP Tennis (HD) **11.20** Dwars door Het Hageland (HD) **11.50** Eurosport News **11.55** Going for Gold (HD) **12.00noon LIVE** Motocross World Championship: Race one of the MX2 discipline from Switzerland. (HD) **1.00pm LIVE** Motocross World Championship: Race one of the MXGP discipline from Frauenfeld, Switzerland. (HD)

2.00 Motocross World Championship (HD) **3.00 LIVE** Motocross World Championship: The MX2 discipline. (HD) **4.00 LIVE** Motocross World Championship: The MXGP discipline. (HD) **5.00** FIA World Touring Cars **5.40** Eurosport News **5.45** Going for Gold (HD) **6.00 LIVE** FIA World Touring Cars: Race one from at Autodromo Termas de Rio Hondo, Argentina. (HD)

8.00 FIA World Rallycross Championship (HD) **9.00** European Rally Championship **9.30** Eurosport News **9.35** Going for Gold (HD) **9.40** Dwars door Het Hageland (HD) **10.40** Cycling: Track World Championship (HD) **12.10am** Eurosport News **12.15** FIA World Touring Cars (HD) **1.15-1.20am** Eurosport News

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

5.15am LIVE Test Cricket: Sri Lanka v Australia: Coverage of the fourth day of the second Test at Galle International Stadium. (HD) **7.30am** MCE British Superbikes (HD) **8.00** WATTS (HD)

8.10 LIVE Test Cricket: Sri Lanka v Australia: Further coverage of the fourth day of the second Test at Galle International Stadium. (HD) **10.10** Eurosport News **10.25** Going for Gold (HD) **10.30 LIVE** Test Cricket: Sri Lanka v Australia: Concluding coverage of day four of the second Test. (HD)

12.30pm LIVE MCE British Superbikes Action from the seventh round of the season at Brands Hatch. (HD)

6.00 ATP Tennis The BB&T Atlanta Open semi-finals. (HD)

8.00 MCE British Superbikes The seventh round of the season at Brands Hatch. (HD)

10.00 FIA World Touring Cars Round eight from Argentina. (HD)

11.00 MCE British Superbikes The seventh round of the season at Brands Hatch. (HD)

12.00m't Speedway European Championship **12.30-5.15am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

7.00am Aviva Premiership Rugby (HD) **7.30 LIVE** AFL: Fremantle v West Coast Eagles: Bounce-up is at 7.40. (HD) **10.30** Angling (HD) **11.00** Aviva Premiership Rugby (HD) **11.30 LIVE** Scottish Professional Football League: St Johnstone v Aberdeen: Coverage from McDiarmid Park. Kick-off is at 12.15. (HD)

2.30pm Champions League: Top 20 Goals The 20 finest goals. (HD)

3.00 Last Week, This Week Recent action. (HD)

3.15 AFL (HD)

5.15 AFL (HD)

7.15 Last Week, This Week Recent highlights. (HD)

7.30 Premier League World Football news. (HD)

8.00 LIVE Brasileirao Palmeiras v Vitoria: From Allianz Parque in Sao Paulo. Kick-off is at 8.00. (HD)

10.00 Vanarama National League Highlights (HD)

10.30 The U (HD) **12.30am** IndyCar Highlights (HD) **1.30** Indy Lights Highlights (HD) **2.30** Vanarama National League Highlights (HD) **3.00** Pre-Season Football (HD) **4.30-6.00am** Leicester City v Manchester United (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.30am UEFA Champions League – Classics (HD) **10.00** European Football Show Highlights (HD) **11.00** Gillette World Sport (HD) **11.30** Last Week, This Week (HD) **11.45** Sport in Focus: Farewell Boleyn (HD)

12.30pm LIVE Pre-Season Football West Ham United v Juventus: Coverage of the match from Olympic Stadium. Kick-off is at 1.00. (HD)

3.15 LIVE FA Community Shield Leicester City v Manchester United: Coverage of the annual match from Wembley Stadium, between the winners of the Premier League and FA Cup. Kick-off is at 4.00.

6.30 Vanarama National League Maidstone United v York City. (HD)

8.00 Pre-Season Football Action from West Ham United v Juventus. (HD)

9.30 UFC Yair Rodríguez v Alex Caceres. (HD)

12.30am Judo World Tour Highlights (HD) **1.00** Vanarama National League Highlights (HD) **1.30** Last Week, This Week (HD) **1.45** AFL (HD) **5.45-6.00am** Last Week, This Week (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am MLB: New York Yankees v Cleveland Indians. (HD) **9.00** MLB: Los Angeles Dodgers v Boston Red Sox. (HD)

12.00noon Premier Boxing Champions Action from David Benavidez v Denis Douglin. (HD)

2.00pm MLB Action from Chicago White Sox v Baltimore Orioles. (HD)

5.00 Baseball Tonight Live MLB news. (HD)

6.00 MLB's Best The most exciting fielding and offensive plays from the past week. (HD)

6.30 LIVE MLB Chicago White Sox v Baltimore Orioles: Coverage of the American League match from US Cellular field. Start-time is at 7.10. (HD)

9.30 Gillette World Sport Round-up. (HD)

10.00 NHRA Drag Racing Qualifying Qualifying for the latest round. (HD)

12.00m't LIVE MLB: Los Angeles Dodgers v Boston Red Sox: Coverage of the inter-league clash from Dodger Stadium. Start-time is at 12.10. (HD) **3.00am** IndyCar Highlights (HD) **4.00-6.00am** NHRA Drag Racing Qualifying (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Bundesliga Clubs: Season Preview (HD) **7.30** Vanarama National League: Action from Maidstone United v York City. (HD) **9.00** Game of the Week (HD)

12.00noon Kaiserslautern v Hannover (HD)

1.30pm LIVE Singha Premiership Rugby 7s Coverage of finals series from Ricoh Arena. (HD)

7.00 Game of the Week Schalke v Borussia Dortmund. (HD)

7.30 Game of the Week Atalanta v Roma. (HD)

8.00 Game of the Week Schalke v Bayer Leverkusen. (HD)

8.30 Game of the Week The Serie A match between AC Milan and Frosinone. (HD)

9.00 Game of the Week Lyon v Monaco. (HD)

9.30 Game of the Week The match between Angers and Toulouse. (HD)

10.00 Leicester City v Manchester United (HD)

11.30 Scottish Professional Football League (HD)

1.00am Pre-Season Football (HD) **2.30** Game of the Week (HD) **5.30-6.00am** Vanarama National League Highlights (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am The Home of Formula One **7.30** Legends of F1 (HD) **8.30** Formula 1 (HD) **10.45** Ted's Notebook (HD) **11.00** Formula 1 (HD)

1.15pm Ted's Notebook Ted Kravitz offers his thoughts on the race from Bahrain. (HD)

1.30 Formula 1 The Chinese Grand Prix. (HD)

3.45 Ted's Notebook Ted Kravitz reviews the Chinese Grand Prix. (HD)

4.00 Formula 1 The Russian Grand Prix. (HD)

6.15 Ted's Notebook Ted Kravitz reviews the Russian Grand Prix. (HD)

6.30 Formula 1 The Spanish Grand Prix. (HD)

8.45 Ted's Notebook Ted Kravitz reviews the Spanish Grand Prix. (HD)

9.00 F1 Classic Races The 1985 Portuguese Grand Prix. (HD)

9.45 F1 Classic Races A look at the 1985 Belgian Grand Prix. (HD)

10.30 German F1 GP Best Bits A look back at the key moments from the German Grand Prix.

11.00 Tales from the Vault (HD) **12.00m't** Legends of F1 (HD) **1.00-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.25pm Rowing The latest heats from Lagoa Stadium. **2.50 Rugby Sevens** The concluding pool matches. **6.05 Basketball** Brazil v Lithuania: The men's Group B match. **8.50 Boxing** The latest preliminaries. **12.25-4.05am Artistic Gymnastics** The women's qualification events.

RED BUTTON 2 2.55pm Boxing The latest bouts. **6.00 Archery** The women's team quarter-finals, semi-finals and final from Sambodromo. **9.50 Hockey** The Netherlands v Ireland: The men's Group B match. **12.20am Hockey** Australia v Spain: The men's Group A match. **2.20-4.20 Basketball** Nigeria v Argentina: The men's Group B match.

RED BUTTON 3 1.55pm Equestrian The individual and team eventing dressage disciplines. **7.55 Fencing** The men's individual foil semi-finals and final. **10.55 Weightlifting** The men's 56kg final from Riocentro. **1.55-4.20am Swimming** Semi-finals and finals.

RED BUTTON 4 1.40pm Artistic Gymnastics The women's qualification events. **5.00 Football** Fiji v Mexico: The men's Group C match. **7.25 Judo** The women's -52kg & men's -66kg semi-finals and finals. **10.50 Basketball** Croatia v Spain: The men's Group B match. **1.50-4.05am Football** Japan v Colombia: The men's Group B match.

RED BUTTON 5 1.50pm Hockey New Zealand v South Korea: The women's Group A match. **4.20 Hockey** The Netherlands v Spain: The women's Group A match. **6.50 Football** Honduras v Portugal: Coverage of the men's Group D match. **9.50 Football** Argentina v Algeria: Coverage of the men's Group D match. **12.30am Volleyball** Russia v Cuba: Coverage of the men's competition. **2.35-4.20 Volleyball** Argentina v Iran: Coverage of the men's competition.

RED BUTTON 6 12.55pm Table Tennis Second-round singles matches. **4.25 Canoe Slalom** The men's C1 and K1 heats from Whitewater Stadium. **8.20pm-3.05am Tennis** The latest matches.

RED BUTTON 7 1.55pm Judo Coverage from Carioca Arena 2. **4.25 Road Cycling** The women's road race. **8.15 Weightlifting** From Riocentro. **10.50 Football** Sweden v Nigeria: The men's Group B match. **1.40-3.25am Handball** Slovenia v Egypt: The men's group match.

RED BUTTON 8 9.50pm Rugby Sevens Coverage of the quarter-finals from Deodoro Stadium. **11.00 Football** Denmark v South Africa: Coverage of the men's Group A match. **1.00-4.55am Beach Volleyball** The latest preliminary matches from Beach Volleyball Arena.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* Coverage of today's meetings at Chelmsford City, Leicester, Windsor, Downpatrick and the Curragh.

6.00pm LIVE Stateside *At The Races* Live coverage from the United States.

2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

(HD) High Definition

Monday

8 August

Evening Planner

TODAY AT THE OLYMPICS

The gymnastics starts today with the men's team all-round final. Gold was won by China four years ago, but also look out for World champions Japan and Great Britain's men, who took silver at the Worlds. In the diving, Tom Daley and Dan Goodfellow unite for the men's 10m platform synchro final. Britain has never won Olympic gold in judo, but **Nekoda Smythe-Davis** will give it her best shot in the women's 57kg. The Commonwealth champion was an unpaid volunteer at London 2012 before taking up the sport seriously. The swimming finals feature the women's 100m backstroke, most likely a showdown between Australian World champion Emily Seebohm and Olympic champion Missy Franklin of the US; the women's 100m breaststroke, won in London by Plymouth-based Ruta Meilutyte of Lithuania, then aged 15; the men's 200m freestyle British World champion James Guy; and the men's 100m backstroke, where **Mitch Larkin** of Australia is World champion.

Nekoda Smythe-Davis

Mitch Larkin

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	7.00 Olympics 2016 – Live: Day three		8.00 EastEnders	8.30 Olympics 2016 – Live: The men's artistic gymnastics team final			10.00 News; Local News	
	102 BBC2	7.00 Eggheads	7.30 University...	8.00 Olympics 2016...	8.30 Only Connect	9.00 Brexit: The Battle for Britain		10.00 Olympics 2016 – Live	
	103 ITV	7.00 Emmerdale	7.30 Coronation Street	8.00 Wild France... †	8.30 Coronation Street	9.00 Brief Encounters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Brexit: Who'll...	8.30 Superfoods...	9.00 Eden		10.00 Naked Attraction	
	105 CHANNEL 5	7.00 Aircrash: Collision in the Skies		8.00 Police Interceptors Unleashed		9.00 Celebrity Big Brother		10.00 Mascara Boys: Sex Me Up	
	106 SKY1	7.00 The Simpsons		8.00 David Attenborough's Conquest of the...		9.00 Film: Gone in Sixty Seconds			
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Dan Walker introduces rugby sevens and equestrianism							
	118 ITV2	7.00 You've Been Framed! Gold		8.00 Two and a Half Men		9.00 Family Guy	9.30 Bordertown	10.00 Family Guy	10.30 American Dad!
	138 MORE4	◂ 6.55 Four in a Bed		7.55 Grand Designs		9.00 The Secret Life of 4 Year Olds		10.00 16 Kids and Counting	
	136 E4	7.00 Hollyoaks	7.30 Coach Trip...	8.00 The Big Bang Theory		9.00 Made in Chelsea: South of France		10.00 Rich Kids of Instagram	
	107 SKY LIVING	◂ 6.45 My Kitchen Rules: Australia		8.00 Criminal Minds					
	108 SKY ATLANTIC	7.00 Without a Trace		8.00 Blue Bloods		9.00 Ray Donovan			10.10 Last Week Tonight with John...
	110 GOLD	◂ 6.45 One Foot in the Algarve			8.45 Gavin & Stacey			10.05 Little Britain Abroad	
	111 DAVE	7.00 American Pickers		8.00 QI XL		9.00 Would I Lie to You?	9.40 Mock the Week		10.20 QI
	119 ITV3	◂ 6.55 Murder, She Wrote		8.00 Rosemary & Thyme		9.00 Charles: The Destiny of a Prince		10.00 Without You	
	120 ITV4	7.00 Premiership Rugby 7s Highlights		8.00 River Monsters		9.05 Film: The Keeper			
	112 COMEDY CENTRAL	7.00 Friends		8.00 Impractical Jokers		9.00 Russell Howard's Good News		10.00 Impractical Jokers	
	114 SYFY	7.00 Star Trek: The Next Generation		8.00 Dark Matter		9.00 Film: Star Trek VI: The Undiscovered Country			
	109 W	7.00 Celebrity MasterChef				9.00 John Bishop's Australia		10.00 EastEnders	10.40 Don't...
	113 UNIVERSAL	7.00 NCIS		8.00 White Collar				10.00 Motive	
	124 FOX	7.00 NCIS				9.00 Tyrant		10.00 Outcast	
	121 SKY ARTS	◂ 6.45 Hollywood: Singing and Dancing		8.00 Discovering: Anthony Quinn		9.00 Benvenuto Cellini			
Documentary	520 DISCOVERY	7.00 Fast N' Loud		8.00 Overhaulin'		9.00 Misfit Garage		10.00 Mobsteel	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Too Cute!		9.00 Bondi Vet		10.00 My Cat from Hell: Hell-iday Special	
	526 NAT GEO	7.00 Air Crash Investigation		8.00 Money Meltdown		9.00 Yukon Gold		10.00 Banged Up Abroad	
	529 HISTORY	7.00 Storage Wars		8.00 Pawn Stars				10.00 American Pickers	
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 Jeeves and Wooster		9.10 One Foot in the Grave			10.30 The Two...
	532 EDEN	7.00 Biggest & Baddest		8.00 Wild Canada		9.00 Life in the Undergrowth		10.00 Horizon: Do You Know What Time It Is?	
Films	301 SKY PREMIERE	◂ 6.00 The Man from U.N.C.L.E		8.00 The Perfect Guy			9.45 Infini		
	303 SKY HITS	◂ 5.15 Harry Potter and the Chamber of...		8.00 Interstellar					
	304 SKY SPIES	◂ 5.45 Enemy of the State		8.00 Spooks: The Greater Good				10.00 Inception	
	305 SKY DISNEY	◂ 6.20 Aladdin		8.00 The Jungle Book			9.30 Freaky Friday		
	306 SKY FAMILY	◂ 6.00 Charlie and the Chocolate Factory		8.00 Into the Woods					10.10 Jumanji
	307 SKY ACTION	◂ 6.00 The Day the Earth Stood Still		8.00 Ant-Man					10.10 Into the Storm
	308 SKY COMEDY	◂ 6.20 The Cable Guy		8.00 Unfinished Business			9.40 Bad Bromance		
	309 SKY CRIME	◂ 6.55 Southpaw				9.00 The Departed			
	310 SKY DRAMA	◂ 5.55 Men, Women & Children		8.00 Woman in Gold				10.00 Moulin Rouge!	
	311 SKY SCI-FI	◂ 5.45 Solaris	7.30 The Gallows			9.00 Dawn of the Planet of the Apes			
	312 SKY SELECT	◂ 6.15 White Bird in a Blizzard		8.00 Election				10.00 Hustle & Flow	
	315 FILM4	◂ 6.45 The School of Rock				9.00 RED 2			
	317 TCM	◂ 6.55 The Wizard of Oz				9.00 Outbreak			
Sport	401 SKY SPORTS 1	◂ 6.00 Soccer AM	7.30 Elite League Speedway – Live: Coventry Bees v Swindon Robins				9.30 SPFL Round-Up	10.00 More Than a...	10.30 Great Sporting...
	402 SKY SPORTS 2	7.00 NatWest T20 Blast Cricket – Live: The opening quarter-final							
	403 SKY SPORTS 3	7.00 Sporting Heroes: Mary Rand		8.00 NRL – The Rookie 2016 Final			9.30 Super League...	10.00 Sporting Heroes: Sir Roger Bannister	
	404 SKY SPORTS 4	7.00 PGA Tour Golf		8.00 PGA Tour Classic		9.00 European Tour Golf		10.00 PGA Tour Golf	
	410 EUROSPORT 1	◂ 6.30 FIA World...	7.30 Speedway European Championship		8.30 Motocross...	9.00 MCE British Superbikes			
	411 EUROSPORT 2	◂ 6.00 Isle of Man TT		8.10 Cycling: Giro d'Italia		9.10 Cycling: Tour de France		10.15 ATP Tennis	

◂ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101 HD 141/115 | VIR 101 HD 108 | F'VIEW 1 HD 101 | F'SAT 101 HD 106/108

6.00am Olympic Breakfast (S)(HD)

9.15 Countryside 999 Documentary. (S)(R)(HD)(AD)

10.00 Homes Under the Hammer (S)(R)(HD)(AD)

11.00 Wanted Down Under From New Zealand. (S)(R)(HD)(AD)

11.45 The Housing Enforcers A Lake District landlord's empire is revealed. (S)(HD)

12.15pm Bargain Hunt (S)(HD)(AD)

1.00 BBC News (S)(HD)

1.30 Local News (S)

1.45 Olympics 2016
Rowing Coverage of the heats of the women's eights at **2.30** and the heats of the men's eights at **2.50**.
Tennis The second-round matches at the Olympic Tennis Centre at **3.30**.
Volleyball The preliminary fixtures at the Beach Volleyball Arena at **3.30**.
Swimming The latest heats, including the women's 200m freestyle at **5.00**, the men's 200m butterfly at **5.27** and the women's 200m individual medley at **5.54**. (S)(HD)

6.00 BBC News at Six (S)(HD)

6.30 Local News (S)

7.00 Olympics 2016
Diving The final of the men's 10m synchronised platform. (S)(HD)

8.00 EastEnders Sharon encourages Grant to talk to Phil. (S)(HD)(AD)
■ Repeated later on W

8.30 Olympics 2016
Gymnastics The men's artistic gymnastics team final. (S)(HD)

10.00 BBC News (S)(HD)

10.30 Local News (S)

10.45 Olympics 2016
Rugby Sevens The bronze medal match and the final of the women's rugby sevens. (S)(HD)

12.00m't Olympics 2016
Weightlifting The conclusion of the men's 62kg weightlifting final.
Swimming The semi-finals of the women's 200m freestyle at **2.00**, men's 200m butterfly at **3.07** and women's 200m individual medley at **3.33**. The finals of the men's 200m freestyle at **2.21**, women's 100m backstroke at **2.30**, men's 100m backstroke at **2.38** and women's 100m breaststroke at **2.54**. (S)(HD)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116 HD 116/143 | VIR 107 HD 163 | F'VIEW 9 HD 106 | F'SAT 110 HD 107

1.00pm Olympics 2016
Equestrianism The men's and women's cross-country from the Olympic Equestrian Centre at **2.00**. (S)(HD)

4.00 Olympics 2016
Shooting Featuring the men's 10m air rifle final at the Olympic Shooting Centre at **4.00**.
Canoeing The first and second runs in the men's C2 and women's K1 canoe slalom at the Whitewater Stadium from **4.30**. Plus, action from the **Beach Volleyball**, **Handball** and **Volleyball** competitions. (S)(HD)

7.00 Olympics 2016
Rugby Sevens The women's rugby sevens semi-final at the Deodoro Stadium from **7.00**, interspersed with the men's **Shooting** trap final at the Olympic Shooting Centre.
Weightlifting The women's 58kg final from the Riocentro at **7.30**.
Canoeing The canoe slalom concludes at the Whitewater Stadium, with the men's C2 and women's K1 heats due to finish at **7.52**.
Judo The women's -57kg and men's -73kg finals take place at the Carioca Arena from **9.20**. There is also coverage of the **Equestrianism** and **Shooting**. (S)(HD)

10.00 Olympics 2016
Hockey The women's Group B match between India and Great Britain gets under way at the Olympic Hockey Centre at **10.00**, with both sides playing their second fixture in the quest to reach the quarter-finals.
Volleyball The men's and women's preliminary matches continue at the Beach Volleyball Arena. (S)(HD)

2.00am Britain on Film: Getting Down to Business (S)(R) **2.30** Sounds of the Sixties (S)(R) **2.55-3.55am** The Riviera: A History in Pictures (S)(R)(HD)

DID YOU KNOW?

Gymnastics

Presenter Matt Baker was in the national junior gymnastics squad as a child, but had to minimise training after developing anaemia at the age of 14.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 62)

BBC2

SKY 102 HD 115/141 | VIR 102 HD 162 | F'VIEW 2 HD 102 | F'SAT 102 HD 108/106

6.15am Countryfile: The Summer Diaries (S)(R)(HD) **7.00 Garden Rescue** (S)(R)(HD)(AD) **7.45 Neighbourhood Blues** (S)(R)(HD) **8.15 Sign Zone: The £100K House: The Final Fix** (S)(R) **9.15 Olympics: Rio Highlights 2016** (S)(HD)

1.00pm LIVE Olympics 2016 Action from the latest beach volleyball, handball and volleyball matches. (S)(HD)

1.45 Red Rock (S)(HD)(AD) **2.30 The Edge** (S)(R)(HD) **3.15 Escape to the Country** (S)(R)(HD)(AD) **4.00 The Great Antiques Map of Britain** (S)(R)(HD) **4.30 Flog It!** From Glasgow. (S)(R)(HD) **5.15 Pointless** (S)(R)(HD)

6.00 LIVE Olympics 2016 Hazel Irvine introduces further coverage on day three, featuring the women's 200m individual medley swimming heats and the men's and women's individual cross-country eventing. (S)(HD)

9.00 Brexit: The Battle for Britain

7.00 Eggheads General knowledge quiz show hosted by Jeremy Vine. (S)(HD)

7.30 University Challenge The first-round matches continue with Oriel College, Oxford taking on Manchester. (S)(HD)

8.00 LIVE Olympics 2016 Clare Balding introduces the men's artistic gymnastics team final at the Rio Olympic Arena. (S)(HD)

8.30 Only Connect Three photographers take on a trio of Londoners. (S)(HD)

9.00 NEW Brexit: The Battle for Britain Laura Kuenssberg explores how David Cameron's referendum plan backfired, and asking what the Leave campaign's victory means for the future of British politics. (S)(HD)
■ Repeated on Thursday

10.00 LIVE Olympics 2016 Clare Balding introduces the concluding disciplines in the men's artistic gymnastics team final at the Rio Olympic Arena. (S)(HD)

10.45 Newsnight (S)(HD)

11.15 Weather (S)(HD)
11.20 Robot Wars 3/6. Dara O Briain and Angela Scanlon present more battles in the arena, including a robot designed by a nine-year-old girl. (S)(R)(HD)
12.20am The Super League Show Action from the opening round of matches in the Super 8s. (S)
1.00-3.00 Sign Zone: Celebrity MasterChef (S)(R)(AD) **2.00 Full Steam Ahead** (S)(R)(AD)
3.00-6.00am Previews (S)(HD)

ITV1

SKY 103 HD 178 | VIRGIN 103 HD 113 | F'VIEW 3 HD 103 | F'SAT 103 HD 111

6.00am Good Morning Britain (S)(HD)
8.30 Lorraine (S)(HD)
9.25 The Jeremy Kyle Show Guests air their differences. (S)(R)(HD)
10.30 This Morning Celebrity chat and lifestyle features. (S)(HD)
12.30pm Loose Women Topical debate from a female perspective. (S)(HD)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Judge Rinder Real-life cases heard in a studio courtroom. (S)(R)(HD)
3.00 Secret Dealers Featuring a 19th-century French gilt mirror and a pair of Regency prints. (S)(R)(HD)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)(HD)
5.00 Cash Trapped Quiz show hosted by Bradley Walsh. (S)(HD)
6.00 Local News (S)
6.30 ITV News (S)

9.00 Brief Encounters

7.00 Emmerdale Zak makes a slip-up after his stag do. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

7.30 Coronation Street Robert makes life a misery for his staff. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

8.00 Wild France with Ray Mears 5/6. Ray explores the geography, flora and fauna of Provence. (S)(HD)

8.30 Coronation Street Robert is arrested for drink-driving and has a go at Nick for tipping off the police. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

9.00 Brief Encounters SERIES FINALE 6/6. Steph organises an event at a local nightclub and confronts Pauline over lying to Johnny, while Barry shows Terry he knows the truth about him and Lisa. (S)(HD)(AD)

10.00 ITV News (S)

10.35 Local News (S)

10.45 Benidorm 5/7. Joyce leaves Les in charge of the Solana, but his managerial style ruffles feathers and the staff stage a mass walkout after Mateo gets the sack. (Series 6) (S)(R)(HD)(AD)

11.45 Britain As Seen on ITV A look at developments in transport over the past 60 years. (S)(R)
12.10am Jackpot247 3.00 The Jeremy Kyle Show (S)(SL)(R)(HD) **3.55 ITV Nightscreen** (HD) **5.05-6.00am The Jeremy Kyle Show** (S)(SL)(R)(HD)

+1 hour: SKY 131 | VIRGIN 114 | FREEVIEW 33 | FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am 3rd Rock from the Sun (S)(R)(AD) **7.05 Everybody Loves Raymond** Double bill. (S)(R) **8.00 Frasier** (S)(R)(AD) **9.05 The Big Bang Theory** (S)(R)(HD)(AD) **9.55-11.30 The Simpsons** (S)(R)(AD) **11.30 Come Dine with Me** (S)(R)(HD)
12.00noon News (S)(HD)
12.05-2. Come Dine with Me Back-to-back editions. (S)(R)(HD)
2.10 Fifteen to One (S)(HD)
3.10 Countdown With Gyles Brandreth in Dictionary Corner. (S)(HD)
4.00 Three in a Bed Featuring a loud student party and supercar racing at Silverstone. (S)(R)(HD)
5.00 Couples Come Dine with Me From Reading. (S)(R)(HD)
6.00 The Simpsons (S)(R)(AD)
6.30 Hollyoaks James and Joanne get revenge on Liam. (S)(HD)(AD)

9.00 Eden

7.00 News (S)(HD)

8.00 NEW Brexit: Who'll Do Your Job Now? – Dispatches Investigating who will now take Britain's low-paid jobs. (S)(HD)

8.30 Superfoods: The Real Story 7/8. A surprising use for shiitake mushrooms. (S)(HD)(AD)

9.00 Eden SERIES FINALE Spring arrives and the residents build a winter dwelling, while one of the group attempts to engineer a split in the camp and force the weakest members to leave. (S)(HD)(AD)
■ Repeated tomorrow

10.00 Naked Attraction A single mother and a sales adviser take part, choosing a date from a selection of six naked people, who will be revealed to them one body part at a time. (S)(HD)(AD)
■ Repeated Thursday

11.05 Tattoo Fixers on Holiday (S)(HD)(AD) **12.05am Bodyshockers: Nips, Tucks and Tattoos** (S)(R)(HD)(AD) **1.00 The Three Day Nanny** (S)(R)(HD) **1.55 One Born: What Happened Next?** (S)(R)(HD)(AD)
2.50 Grand Designs Australia (S)(HD) **3.50 Phil: Secret Agent Down Under** (S)(SL)(R)(HD)(AD) **4.45 Fifteen to One** (S)(R)(HD) **5.45 Kirstie's Fill Your House for Free** (S)(R)(HD) **5.50-6.15am Draw It!** (S)(R)(HD)

+1 hour SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

5.40-9.15am Milkshake!
9.15am The Wright Stuff (HD)
11.15 Cowboy Builders The team visits Porthcawl, South Wales. (S)(R)(HD)
12.10pm News (S)(HD)
12.15 Celebrity Big Brother (R)(HD)
1.15 Home and Away (S)(HD)(AD)
1.45 Neighbours (S)(HD)(AD)
2.15 NCIS *Devil's Trifecta:* 9/24. Gibbs teams up with FBI agent TC Fornell. (Series 10) (S)(R)(HD)(AD)
3.10 Rosamunde Pilcher's Coming Home 1/2. Period drama with Emily Mortimer and George Asprey. (S)(R)
5.00 News (S)(HD)
5.30 Neighbours Brad and Terese's divorce party actually ends in a proposal. (S)(R)(HD)(AD)
6.00 Home and Away Irene's kidnapper confronts Olivia. (S)(R)(HD)(AD)
6.30 News (S)(HD)

10.00 Mascara Boys: Sex Me Up

7.00 Aircrash: Collision in the Skies A look at the events of 30 June 1956, when United Airlines Flight 718 and TWA Flight 2 collided near the Grand Canyon, resulting in more than 100 deaths. (S)(R)(HD)

8.00 Police Interceptors Unleashed PC Jason Graves is called into action when an argument turns aggressive, and the interceptors are forced to use strong-arm tactics to bring a football hooligan under control. (S)(R)(HD)

9.00 Celebrity Big Brother A chance to catch up with the latest events in the house. (S)(HD)

10.00 NEW Mascara Boys: Sex Me Up Documentary about men obsessed with how they look and who are determined to turn themselves into the perfect specimen, either through the use of make-up or by going under the knife. (S)(HD)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the *CBB* companion show. (S)(HD)
12.05am Can't Pay? We'll Take It Away (S)(R)(HD) **1.00 SuperCasino** **3.10 Person of Interest** (S)(R)(HD) **4.00 Witches: A Century of Murder** (S)(SL)(R)(HD) **4.45 HouseBusters** (S)(SL)(R) **5.10-6.00am House Doctor** Double bill. (S)(SL)(R)

+1 hour SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
No variations

N. IRELAND
Sky 972, Freesat 969
No variations

WALES
Sky 971, Freesat 971
No variations

ITV

As main ITV except:
WALES
8.00-8.30pm Welsh Inspirations (S) **10.45** Wild France with Ray Mears (S)(HD) **11.15-11.45pm** Gino's Italian Escape – Islands in the Sun (S)(R)

S4C

Sky 134, Virgin 166, Freesat 120
7.00am Cyw **1.00pm** Newyddion S4C a'r Tywydd **1.05** Bois Parc Nest **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Cadair Dic Nôl i'r Gaiman **3.30** 3 Lle **4.00** Awr Fawr **5.00** Stwnsh: Newid Byd **5.25** Stwnsh: Dreigiau – Marchogion Berc **5.50** Stwnsh: Angelo am Byth **6.00** Lle Aeth Pawb? (AD) **6.25** Newyddion S4C a'r Tywydd **6.30** Pobol Port Talbot SERIES FINALE **7.00** Heno **8.00** Pobol y Cwm (AD) **8.25** Clasuron Cefn Gwlad **9.00** Newyddion 9 a'r Tywydd **9.30** Rygbi 7 Bob Ochr Singha: Y Ffeinal **10.30-11.35pm** Yr Anialwch: Aled Samuel – Yr Outback

Today's listings for the BBC's Olympic Channels are on page 62

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Dinner Date (HD) **7.10** The Ellen DeGeneres Show (HD) **8.00** Emmerdale (HD)(AD) **8.30** Coronation Street (HD)(AD)
9.30 Psych (HD) **10.20** Royal Pains (HD) **11.15** Dinner Date (HD) **12.15pm** Emmerdale (HD)(AD) **12.45** Coronation Street (HD)(AD) **1.45** The Ellen DeGeneres Show (HD) **2.35-5.50** The Jeremy Kyle Show (HD) **5.50** Take Me Out (HD)

7.00 You've Been Framed! Gold Double bill of the series.

8.00 Two and a Half Men 21&22/22. (Series 7) (HD)

9.00 Family Guy SERIES FINALE *Road to India:* 20/20. Brian falls for a girl in India. (Series 14) (HD)(AD)

9.30 Bordertown NEW EPISODE 9/13. Gert suffers a heart attack. (HD)(AD)

10.00 Family Guy *The Hand That Rocks the Wheelchair:* 14/21. (Series 9) (HD)(AD)

10.30 American Dad! (HD)(AD) **11.30** The Cleveland Show (HD)(AD) **12.50am** Two and a Half Men (HD) **1.40-2.30am** The Vampire Diaries (HD)(AD)

+1 hour SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Supergirl (HD) **7.00** The Flash (HD) **9.00** Futurama **10.00** Ninja Warrior **11.00** NCIS: Los Angeles (HD) **12.00noon** Hawaii Five-0 (HD)
1.00pm Supergirl (HD) **2.00** The Flash (HD) **4.00** Modern Family (HD) **5.00** The Simpsons (HD) **5.30** Futurama **6.30** The Simpsons (HD)

7.00 The Simpsons *Days of Future Future:* An episode set 30 years in the future, when a divorced Bart is locked in a custody battle. (HD) **7.30** *What to Expect When Bart's Expecting:* Bart uses voodoo to get his teacher pregnant. (HD)

8.00 David Attenborough's Conquest of the Skies The naturalist visits the jungles of Borneo to meet creatures that glide, including the harlequin tree frog. (HD)(AD)

9.00 FILM Gone in Sixty Seconds Action thriller starring Nicolas Cage as a legendary former car thief who rounds up his old gang to steal 50 cars in one night in a bid to save his brother's life. With Angelina Jolie and Giovanni Ribisi. (HD) (2000, 15, 117min) ★★★
11.00 Premier League Years (HD)(AD) **1.00am** NCIS: Los Angeles (HD) **2.00** Limitless (HD)(AD) **3.00** Arrow (HD)(AD) **4.00** Road Wars (HD) **5.00-6.00am** Ninja Warrior

+1 hour SKY 130

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am Jamie's 15 Minute Meals (HD)(AD) **9.35** A Place in the Sun: Winter Sun (HD) **10.40** Kirstie's Vintage Gems (HD)
11.00 FILM River of No Return: Western starring Robert Mitchum and Marilyn Monroe. (HD) (1954, PG, 91min) ★★★ **12.55pm** Time Team (HD) **3.05** A Place in the Sun: Winter Sun (HD) **5.15-7.55** Four in a Bed: Back-to-back editions. (HD)

7.55 Grand Designs A Royal Marine who was seriously injured in Afghanistan begins a project to build a specially adapted home on a budget of £250,000. (HD)

9.00 The Secret Life of 4 Year Olds Following the development of the youngsters' emotional intelligence. (HD)

10.00 16 Kids and Counting Two sets of parents consider having more children. (HD)

11.05 24 Hours in A&E (HD)(AD) **12.10am** Ramsay's Kitchen Nightmares USA **1.10** The Secret Life of 4 Year Olds (HD) **2.15** 16 Kids and Counting (HD) **3.20-3.35am** Kirstie's Fill Your House for Free (HD)

+1 hour SKY 139 | VIRG 196 | F'SAT 125

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Hollyoaks (HD)(AD) **6.25** Coach Trip: Road to Ibiza (HD)(AD) **6.50** Melissa & Joey (HD)(AD) **7.15** How I Met Your Mother (HD)(AD) **8.05** Rules of Engagement (HD) **9.00** The Goldbergs (HD)(AD) **10.00** Baby Daddy (HD)
11.00 Charmed **1.00pm** How I Met Your Mother (HD)(AD) **2.00** The Big Bang Theory (HD)(AD) **3.00** Baby Daddy (HD) **4.00** Melissa & Joey (HD)(AD) **5.00** The Goldbergs (HD)(AD) **6.00** The Big Bang Theory (HD)(AD) **7.00** Hollyoaks (HD)(AD)

7.30 Coach Trip: Road to Ibiza NEW EDITION The coach arrives in Marseille. (HD)(AD)

8.00 The Big Bang Theory 18/24. Sheldon receives a nasty surprise. (HD)(AD) **8.30** 20/24. Raj discovers a secret about Howard. (Series 7) (HD)(AD)

9.00 Made in Chelsea: South of France 2/6. Sam tries to play Cupid. (HD)(AD)

10.00 Rich Kids of Instagram SERIES FINALE 6/6. Iman launches her new fashion collection. (HD)(AD)
11.00 The Big Bang Theory (HD)(AD) **12.00m't** Gogglebox (SL)(HD) **1.10am** First Dates (HD) **2.05** Made in Chelsea: South of France (HD)(AD) **3.00** Rich Kids of Instagram (HD)(AD) **3.55** New Girl (HD)(AD) **4.15** Rules of Engagement (HD) **4.55-6.00am** Charmed (SL)

+1 hour SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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MONDAY Entertainment

Monday

Sky Living
SKY 107 HD 107/221 VIRGIN 112 HD 111

6.00am UK Border Force (HD) **8.00** House Hunters International (HD) **9.00-11.00** Nothing to Declare UK (HD) **11.00** RSPCA Animal Rescue (HD) **12.00noon** The Biggest Loser: Australia **1.00pm** Million Dollar Listing: NYC (HD) **2.00** Criminal Minds (HD) **4.00** UK Border Force (HD) **5.00** Nothing to Declare **6.30** Cooks to Market (HD) **6.45** My Kitchen Rules: Australia **NEW EDITION** (HD)

6.45 My Kitchen Rules...

7 PM **My Kitchen Rules: Australia** (started at 6.45pm)

8 PM **8.00-11.00 Criminal Minds** *Magnificent Light:* 9/24. A murderer kills two people and leaves cryptic messages at the crime scenes. (Series 8)

9 PM **9.00** *The Witness:* 2/22. A bus is attacked with deadly gas, so a local agent steps in to assist the team before a second attack takes place.

10 PM **10.00** *'Til Death Do Us Part:* 3/22. Brides-to-be in Savannah are being killed on the eve of their weddings. (Series 11)

11.00 Shades of Blue (HD) **12.00m't** Criminal Minds (HD) **2.00am** Bones (HD) **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am Fish Town (HD) **7.00** Urban Secrets (HD) **8.00** Cold Case: Double bill. (HD) **10.00** The West Wing (HD) **11.00** House (HD) **12.00noon** Without a Trace (HD) **1.00pm** Blue Bloods (HD) **2.00** Richard E Grant's Hotel Secrets (HD) **3.00** Cold Case (HD) **5.00** The West Wing (Series 2) (HD) **6.00** House: *Pilot:* 1/22. A teacher with curious symptoms gives cause for concern. (Series 1) (HD)

9.00 Ray Donovan

7 PM **7.00 Without a Trace** *Trials:* 9/23. The team searches for a juror, whose disappearance could mean a murderer walks free. (Series 3) (HD)

8 PM **8.00 Blue Bloods** *Lonely Hearts Club:* 7/22. Jackie goes undercover to catch a killer who has been murdering sex workers. (Series 2) (HD)

9 PM **9.00 Ray Donovan NEW EPISODE** *Fish and Bird:* 6/12. Mickey tries to convince the DA he was behind the Minassian massacre. (Series 4) (HD)

10 PM **10.10** Last Week Tonight with John Oliver **NEW EDITION** (HD) **10.45** Vice Principals (HD) **11.20** Ballers (HD) **11.55** Ray Donovan (HD) **1.05am** The Sopranos (HD) **2.10** Cold Case (HD) **3.10** Curb Your Enthusiasm **4.00** Fish Town (HD) **5.00-6.00am** Urban Secrets (HD)

+1 hour SKY 170

GOLD
SKY 110 VIRGIN 124

7.00am Outnumbered **7.30** The Brittas Empire **8.10** My Hero **8.50** Creature Comforts **9.00-10.55** Last of the Summer Wine: Triple bill. **10.55am-12.55pm** One Foot in the Grave **12.55pm** Outnumbered **1.35** The Brittas Empire **2.15** My Hero **2.55-4.55** Last of the Summer Wine: Triple bill. **4.55** Are You Being Served? **6.45** One Foot in the Algarve: Victor and Margaret visit Portugal.

8.45 Gavin & Stacey

7 PM **One Foot in the Algarve** (started at 6.45pm)

8 PM **8.45 Gavin & Stacey** The happy couple are welcomed home after their honeymoon. **9.25** Smithy goes missing following Nessa's revelation, and the boys try to help him accept his responsibilities.

9 PM

10 PM **10.05 Little Britain Abroad** Lou and Andy jet off to Disney World. **10.45** Fawlty Towers **11.30** Absolutely Fabulous **12.10am** Little Britain Abroad **12.50** The Young Ones **1.35** Cheers **2.05** Bewitched **2.35** Absolutely Fabulous **3.10-4.00am** The Young Ones

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 VIRGIN 127 HD 194 F'VIEW 12

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Red Bull Soapbox Race (HD) **9.00** Lizard Lick Towing (HD) **10.00** American Pickers **11.00** Storage Hunters: Double bill. (HD) **12.00noon** Top Gear **1.00pm** Caribbean Premier League T20 Cricket (HD) **5.00** Red Bull Soapbox Race (HD) **6.00** Top Gear: The team drives muscle cars from San Francisco to Utah.

7.00 American Pickers

7 PM **7.00 American Pickers** Mike and Frank are intrigued by a mysterious locked trunk when they visit the former home of a circus. (HD)

8 PM **8.00 QI XL** Guests Shappi Khorsandi, Ross Noble, Johnny Vegas and Alan Davies answer questions about the world of journalism. (HD)

9 PM **9.00 Would I Lie to You?** With guests Micky Flanagan, Fiona Bruce and Steve Jones. (HD) **9.40 Mock the Week** With guests Ed Byrne and Jack Whitehall.

10 PM **10.20 QI** With guests Jimmy Carr, Rob Brydon and Bill Bailey. **11.00** QI **11.40** Would I Lie to You? (HD) **12.20am** Mock the Week (HD) **1.00** QI **2.20** Mock the Week **3.00-4.00am** Red Bull X-Fighters (HD) **5.00** Lizard Lick Towing **5.30-6.00am** American Pickers

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 VIR 117 HD 177 F'VIEW 10 F'SAT 115

6.00am Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.30** The Royal **9.30-10.55** Judge Judy (HD) **10.55** Murder, She Wrote (HD) **11.55** Love Your Garden (HD) **1.00pm** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** Rising Damp **5.15** George and Mildred **5.50** Heartbeat **6.55** Murder, She Wrote: *We're Off to Kill the Wizard:* An amusement park owner is murdered. (HD)

6.55 Murder, She Wrote

7 PM **Murder, She Wrote** (started at 6.55pm)

8 PM **8.00 Rosemary & Thyme** *Enter Two Gardeners:* The duo investigate when an actor is killed during a rehearsal for a play.

9 PM **9.00 Charles: The Destiny of a Prince** 2/2. A profile of the Prince of Wales.

10 PM **10.00 Without You** 1/3. Thriller with Anna Friel and Marc Warren. (HD)

11.00 Liverpool 1 (HD) **12.15am** Blue Murder **1.10-2.00am** Marchlands (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 VIR 118 HD 178 F'VIEW 24 F'SAT 117

6.00am Gunsmoke **6.50** Minder **7.50** Ironside **8.50** Quincy ME (HD) **9.55** The Chase (HD) **10.55** Magnum, PI (HD) **11.55** Gunsmoke **1.00pm** Pawn Stars: Double bill. (HD) **1.55** Storage Wars: Double bill. (HD) **2.50** The Sweeney **3.55** Quincy ME (HD) **4.55** Ironside **6.00** Storage Wars: The bidders go to Rancho Cucamonga. (HD) **6.30** Ivy digs through a pile of rubbish. (HD)

8.00 River Monsters

7 PM **7.00 Premiership Rugby 7s Highlights** Action from finals night at The Ricoh Arena in Coventry. (HD)

8 PM **8.00 River Monsters** Jeremy visits southern Africa to find out if a giant piranha or something equally terrifying is lurking in the waters of the Okavango. (HD)

9 PM **9.05 FILM The Keeper** Action thriller starring Steven Seagal and Liezl Carstens. Includes *FYI Daily* at 10.05. (HD) (2009, 15, 90min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.00 FILM** The Glimmer Man: Action thriller. Includes *FYI Daily* at 12.05. (HD) (1996, 18, 91min) ★ **12.50am** Premiership Rugby 7s Highlights (HD) **1.55** Motorsport UK (HD) **2.45-2.50am** Movies Now (HD)

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 VIRG 160

6.00am Animal House **7.00** The Steve Wilkos Show **8.00** Jerry Springer **9.00** Four Weddings **10.00** The Biggest Loser: Australia **11.00** Nothing to Declare **12.00noon** America's Next Top Model **1.00pm** The Biggest Loser: Australia **2.00** Four Weddings **3.00** Obese: A Year to Save My Life USA **4.00** 60 Minute Makeover **5.00** The Steve Wilkos Show **6.00** Obese: A Year to Save My Life USA **7.00** Nothing to Declare **9.00** Don't Tell the Bride **10.00** Police Force: Australia **11.00** Sexcetera **12.00m't** Most Shocking **1.00am** Eurotrash: The Sexy Bits **1.30** Red Shoe Diaries **2.00** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 VIRG 121

6.00am Stop, Search, Seize **8.00** 60 Minute Makeover **9.00** Ninja Warrior **10.00** Golf's Funniest Moments **11.00** Monkey Life **12.00noon** Greggs: More Than Meats the Pie **1.00pm** Football's Funniest Moments **2.00** Ninja Warrior **3.00** Relic Hunter **4.00** Coast Guard Alaska **5.00** Stargate SG-1 **6.00** Relic Hunter **7.00 A Town Called Eureka** (Series 4) **8.00 Arrow** (Series 1) **9.00 Stop, Search, Seize** Following the work of Ireland's border force. **10.00 Air Ambulance ER** **11.00** Bradley Wiggins: The Road to Rio **12.00m't** Chicago Fire **1.00am** Stop, Search, Seize **2.00** Air Ambulance ER **3.00** Ninja Warrior **4.00** Nothing to Declare **5.00-6.00am** Andromeda

Pick
SKY 152 VIRG 123 F'VIEW 11 F'SAT 144

6.00am 60 Minute Makeover **7.00** Most Haunted **8.00** Sixth Sense with Colin Fry **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12.00noon** Border Security: Canada's Front Line **1.00pm** 60 Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** The Dog Whisperer **5.00** Monkey Business **6.00** A Town Called Eureka **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Hawaii Five-0 **10.00** The Force: Manchester **11.00** Brit Cops: Rapid Response **12.00m't** Police Force: Australia **1.00am** Road Wars **2.00** Most Shocking **3.00** Hawaii Five-0 **4.00** Motorway Patrol **4.30** Highway Patrol **5.00-6.00am** Road Wars

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 VIRG 156

7.00am Kourtney & Khloe Take Miami **8.00** News **8.30** Botched **9.00** Keeping Up with the Kardashians **11.00** Total Divas **12.00noon** News **12.30pm** Botched **1.00** Total Divas **2.00** LA Clippers Dance Squad **3.00** Keeping Up with the Kardashians **4.00** Total Divas **5.00** Keeping Up with the Kardashians **7.00** News **7.30** Botched: Kimber James visits the clinic. **8.00** Keeping Up with the Kardashians **9.00** Famously Single **10.00** Keeping Up with the Kardashians **11.00** News **11.30** Botched **12.00m't** Total Divas **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** Dash Dolls **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 VIRG 126 HD 200

7.00am Diagnosis Murder **8.00** Murdoch Mysteries (HD) **10.00** Sue Thomas: F.B.Eye **11.00** Castle (HD) **12.00noon** Rizzoli & Isles (HD) **1.00pm** Diagnosis Murder **2.00** Sue Thomas: F.B.Eye **3.00** Murdoch Mysteries (HD) **5.00** Castle (HD) **6.00** Rizzoli & Isles (HD) **7.00 Crossing Lines** (HD) **8.00 Father Brown** *The Mayor and the Magician:* The mayor dies suddenly at a village fete. (HD) **9.00 New Tricks** *The Crazy Gang:* Ucos is threatened with closure. (HD) **10.20 Rebus** *Black and Blue:* 1/4. The detective goes on the trail of a copycat killer. (Series 1) **12.20am** Crossing Lines (HD) **1.20** Perception (HD) **2.15-4.20am** Covert Affairs (Series 4)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 VIR 119 HD 179 F'VIEW 26 F'SAT 118

9.00am Be Beautiful (HD) **9.10** The Only Way Is Essex (HD) **10.00** Who's Doing the Dishes? (HD) **11.00** Flipping Out (HD) **12.00noon** The Millionaire Matchmaker (HD) **1.00pm** Dinner Date (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City **4.00** The Real Housewives of Cheshire: Double bill of the series. (HD) **6.00** Dinner Date (HD) **7.00** Buying and Selling (HD) **8.00** The Real Housewives of Orange County: Double bill of the series. (HD) **10.00** Married to Medicine **NEW EDITION** (HD) **11.00** The Only Way Is Essex (HD) **11.50pm-12.40am** The Jeremy Kyle Show USA

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00am The Ruth Rendell Mysteries **6.55** Always and Everyone **7.50** Upstairs, Downstairs **8.50** The Casebook of Sherlock Holmes (HD) **9.55** Heartbeat **11.00** The Grand **12.15pm** Peak Practice **1.20** Robin of Sherwood **2.30** Always and Everyone **3.35** Heartbeat **4.40** Upstairs, Downstairs **5.55** The Casebook of Sherlock Holmes (HD) **7.00** Agatha Christie's Poirot: *The Clocks.* (HD) **9.00** *Murder on the Orient Express.* (HD) **11.00** The Widower (HD) **12.05am** Crime Stories (HD) **1.05** Homefront (HD) **2.00** Titanic (HD) **2.55** Kingdom **3.50** Upstairs, Downstairs **4.50** The Casebook of Sherlock Holmes (HD) **5.45-5.55am** Movies Now (HD)

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle: Double bill. **9.00** That '70s Show **10.00** Bob's Burgers (HD)
11.00am-2.00pm Friends: Back-to-back episodes. (HD) **2.00pm** Impractical Jokers: Double bill of the series. (HD)
3.00-7.00 Friends: Back-to-back episodes, including at: **6.00** 15/25. The pals ponder what might have been. (HD) **6.30** 16/25. Carol and Ross spice up their marriage. (Series 6) (HD)

9.00 Russell Howard's...

7.00 Friends 17/25. A gift lands Chandler in trouble. (HD) **7.30** 18/25. Chandler gives Joey career advice. (Series 6) (HD)

8.00 Impractical Jokers The guys work at a sandwich shop. (HD) **8.30** The guys must obey three specialised commands. (HD)

9.00 Russell Howard's Good News Russell offers his perspective on stories dominating the media. (HD)

10.00 Impractical Jokers: Double bill. (HD) **11.00** Idiotsitter **NEW EPISODE** (HD) **11.30** Chris Ramsey at the Comedy Store (HD)
12.00m't Impractical Jokers (HD) **1.00am** South Park (HD) **2.00** Russell Howard's Good News (HD) **3.00** Comedy Central at the Comedy Store (HD) **3.50-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Buffy the Vampire Slayer: Double bill. **8.00** Teleshopping **11.00** Star Trek: Voyager **12.00noon** Star Trek: The Next Generation
2.00pm FILM Mythica: A Quest for Heroes: Fantasy adventure. (2015, 12, 88min) ★★ **4.00 FILM** Asteroid v Earth: Sci-fi thriller. (2014, PG, 91min) ★
6.00 Star Trek: The Next Generation: *The Drumhead:* 21/26. A Klingon officer admits to spying. (Series 4)

8.00 Dark Matter

7.00 Star Trek: The Next Generation *Half a Life:* 22/26. Troi's mother falls in love. (Series 4)

8.00 Dark Matter NEW EPISODE *We Should Have Seen This Coming:* 6/13. The Raza's crew follows Nyx's lead on an operation. (Series 2)

9.00 FILM Star Trek VI: The Undiscovered Country Sci-fi adventure starring William Shatner and Leonard Nimoy. Galactic peace is threatened when Kirk and his crew are accused of murdering the Klingon leader. (1991, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 Dark Matter **12.10am** Fact or Faked: Paranormal Files **1.10** Star Trek: Voyager **2.10** Star Trek: The Next Generation **4.10-6.00am** Quantum Leap (Series 2)

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.10am MasterChef Australia: The Professionals: Double bill. (HD) **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home (HD)
10.00 The Bill **11.00** Tipping Point: Double bill. (HD) **1.00pm** Judge Faith: Double bill. (HD) **2.00** Extreme Makeover: Home Edition
3.00 My Dream Home: Double bill. (HD) **5.00** Tipping Point (HD) **6.00** Extreme Makeover: Home Edition

9.00 John Bishop's...

7.00 Celebrity MasterChef The hopefuls make a stack of American-style pancakes and bacon, cook lunch for the staff of the Wellcome Trust charity and prepare a meal for last year's champion Adrian Edmondson. (HD)

9.00 John Bishop's Australia John pedals his way into tropical Australia, working on a banana farm and visiting the Great Barrier Reef. (HD)

10.00 EastEnders As shown on BBC1. (HD)
10.40 Don't Tell the Bride: A groom with a history of reckless spending plans his wedding. **11.40** Russell Howard's Good News (HD) **12.40am** EastEnders (HD) **1.10** Atlantis (HD) **2.50-3.00am** Dynamo: Top Ten Greatest Moments

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am CSI: Miami (Series 1) (HD) **7.00** Teleshopping **8.00** CSI: Miami: Double bill. (HD)
10.00am-2.00pm Law & Order: Back-to-back episodes, including at: **1.00pm** *Burn Card:* 14/18. (Series 18) (HD)
2.00-7.00pm NCIS: Back-to-back episodes, including at: **6.00** *Dog Tags:* 13/19. A suspected drug-smuggler is apparently killed by his own dog. (Series 5) (HD)

8.00 White Collar

7.00 NCIS *Internal Affairs:* 14/19. The agents are investigated by the FBI on suspicion of murdering arms dealer La Grenouille. (Series 5) (HD)

8.00 White Collar NEW EPISODES *No Good Deed:* 9/13. The reappearance of a Welsh gold coin leads Peter dangerously close to the truth. (HD)

9.00 *Live Feed:* 10/13. Peter is offered a promotion, but is reluctant to accept until he solves the mystery of Siegel's murder. (Series 5) (HD)

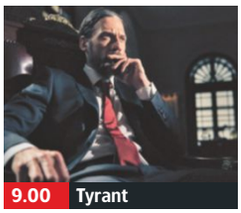
10.00 Motive *The Score:* 4/13. An ex-con is killed near a struggling nightclub. (Series 4) (HD)

11.00 Law & Order: Special Victims Unit (HD) **2.00am** Major Crimes (HD) **3.00** Numb3rs (HD) **5.00-6.00am** CSI: Miami (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Law & Order: Criminal Intent (Series 1) (HD) **9.00** Medium: Double bill. (HD) **11.00** The Closer: Double bill. (Series 3) (HD)
1.00pm NCIS: Double bill of the series. (Series 9) (HD) **3.00** Medium: Double bill of the series. (Series 2) (HD)
5.00 The Closer: *The Round File:* 5/15. (HD) **6.00** *Dumb Luck:* 6/15. A personal trainer is murdered in a car park. (Series 3) (HD)


9.00 Tyrant

7.00 NCIS *Secrets:* 15/24. Tony is reunited with his journalist ex-fiancée while investigating the murder of a navy captain leading a double life. (HD)

8.00 *Psych Out:* 16/24. A navy reservist is found dead in his home. Guest stars Jamie Lee Curtis. (Series 9) (HD)

9.00 Tyrant NEW EPISODE *Cockroach:* 2/10. Barry discovers his hold over Abuddin is tenuous at best. (Series 3) (HD)

10.00 Outcast *What Lurks Within:* 8/10. Sidney stuns Kyle with a revelation. (HD)

11.00 Family Guy **12.00m't** American Dad! (HD) **1.00am** Rick and Morty (HD) **2.00** Family Guy (HD) **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Highlights **9.00** Inside the Actors Studio: Amy Poehler (HD) **10.00** Alfie Boe: Storyteller (HD)
12.15pm The Lady in Number 6: Music Saved My Life (HD) **1.00** Tales of the Unexpected **2.00** Portrait Artist of the Year 2014 (HD) **3.00** Celtic Woman: A New Journey
4.15 The World of Liberace **5.45** The South Bank Show Originals (HD) **6.45** Hollywood: Singing and Dancing

9.00 Benvenuto Cellini

Hollywood: Singing and Dancing (started at 6.45pm)

8.00 Discovering: Anthony Quinn A look at the life and career of Mexican-American actor Anthony Quinn. (HD)

9.00 NEW Benvenuto Cellini Terry Gilliam directs an English National opera production of Berlioz's opera at London's Coliseum, starring Michael Spyres, Corinne Winters and Willard White. (HD)

11.45 Sex & the Silver Screen **1.00am** 30 Degrees in February (HD) **2.15** Def Leppard: Viva! Hysteria (HD) **4.00** Trailblazers: Heavy Metal (HD) **5.00-6.00am** Discovering: Anthony Quinn (HD)

Monday

7 PM
8 PM
9 PM
10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

9.00am JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00noon** Star Trek
1.00pm Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek (Series 1)
7.00 MacGyver *Renegade:* 18/19. Mac's former Navy Seal buddy steals a vial of anthrax. (Series 4)
8.00 Star Trek: Deep Space Nine *The Maquis – Part Two:* 21/26. Sisko, Kira and Bashir are captured. (Series 2)
9.00 NCIS *Code of Conduct:* 5/24. A prank-loving Marine is found dead on Halloween. (Series 7)
10.00 Bad Girls 9/18. Phyl and Bev escape. (Series 7)
11.00 Walker, Texas Ranger **12.00m't** NCIS **2.45am** The Streets of San Francisco **3.40** Walker, Texas Ranger **4.25-6.00am** Flashpoint

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12.00noon** Judge Judy
1.00pm The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy: Double bill. **5.00** CSI **6.00** Dr Quinn: Medicine Woman
7.00 Real Rescues The day-to-day work of the emergency services.
8.00-10.00 Judge Judy Back-to-back editions of real-life small-claims cases, presided over by former New York judge Judy Sheindlin.
10.00 Cheaters Exposing unfaithful partners.
11.00 Cheaters **12.00m't** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Real Rescues **2.55** Cops: Reloaded **3.45-5.00am** The High Chaparral

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00am Come Dine with Me (HD) **11.30** Superfoods: The Real Story (HD) **12.00noon** The Question Jury (HD) **1.00pm** A Place in the Sun: Summer Sun (HD) **2.00** Phil: Secret Agent Down Under (HD) **3.00** Inside Out Homes (HD)
4.00 Couples Come Dine with Me (HD) **5.00** Double Your House for Half the Money (HD) **6.00** Phil: Secret Agent Down Under (HD) **7.00** Come Dine with Me (HD) **8.00** Location, Location, Location (HD)
9.00 Celebrity First Dates (HD) **10.00** Gogglebox: Brexit Special (HD) **11.05** Ramsay's Kitchen Nightmares USA **12.00m't** Naked Attraction (HD) **1.00am** The World's Weirdest Weather (HD) **1.55** Flying to the Ends of the Earth (HD) **2.50-4.45am** Highlights

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **10.00** Access **10.10** Jane Doe: Yes, I Remember It Well
12.00noon CSI: NY **1.00pm** NCIS **2.00** Person of Interest **4.00** NCIS **5.00** CSI: NY **6.00** CSI: Miami
7.00 NCIS *Ex-File:* 3/19. Gibbs' ex-wife is a witness in a murder case. **8.00** *Identity Crisis:* 4/19. A cadaver being used for medical research sparks a manhunt. (Series 5)
9.00 NCIS: Los Angeles *Greed:* 8/24. A naval seaman and an arms dealer are found dead. (Series 3)
10.00 NCIS: New Orleans: Double bill. **11.55** CSI: Miami **12.50am** CSI: NY **3.30** True Crimes: The First 72 Hours **3.55-4.00am** Access

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.25** That '70s Show **9.10** Access **9.20 FILM** The Reef (2006, U) ★★ **11.00** That '70s Show **12.00noon** My Wife and Kids **1.00pm** Dance Moms **1.55** Access **2.00** Celebrity Big Brother **3.00** Neighbours
3.30 Home and Away **4.00** 8 Simple Rules... **5.00** Celebrity Big Brother **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** On Benefits: Life on the Dole **9.00 FILM** Face/Off (1997, 18) ★★★★
12.00m't Celebrity Big Brother: Live from the House **NEW EDITION** **1.00am** Celebrity Big Brother: Best Bits **2.00** That '70s Show **3.00** Born to Kill? **3.50-4.00am** Access

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie
12.00noon The Avengers **1.00pm** McBride: The Doctor Is Out, Really Out **3.00** Danielle Steel's The Ring **5.00** Highway to Heaven **6.00** Touched by an Angel
7.00 M*A*S*H Double bill.
8.00 The Avengers *The Danger Makers:* 20/26. Prominent figures dice with death. (Series 4)
9.00 FILM Blue Caprice Fact-based crime drama with Isaiah Washington. (2013, 15, 89min) ★★★
11.00 FILM Murder Among Friends: Romantic comedy thriller. (2001, PG, 90min) ★★ **1.00-3.00am FILM** Dying to Belong: College drama. (1995, 15, 96min) ★★

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am The Indian Doctor **8.00** Sharpe **10.00** Lovejoy **11.00** The Bill: Double bill. **1.00pm** Last of the Summer Wine
1.40 Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe **5.00** Lovejoy **6.00** Brush Strokes **6.40** Last of the Summer Wine
7.20 Whatever Happened to the Likely Lads? Bob visits the hospital after injuring his foot.
8.00 Maisie Raine *The Witness:* 5/6. Maisie rescues a man in debt to crooks. (Series 2)
9.00 Judge John Deed *Duty of Care:* 3/5. Jo Mills takes on a powerful businessman. (Series 1)
11.00 Birds of a Feather: Garth falls for an older woman. **11.40** The Bill **12.40am** Lovejoy **1.40** The Indian Doctor **2.35-4.00am** The Forsyte Saga

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM Robin Hood: Men in Tights Mel Brooks's comedy spoof of the Robin Hood legend, starring Cary Elwes. (1993, PG, 102min) ★★

7.00 Grey's Anatomy *It's the End of the World:* 16/27. Part one of two. A patient is brought in with an explosive problem. **8.00** *As We Know It:* 17/27. Part two of two. The 'code black' situation continues to escalate. (Series 2)

9.00 Fear the Walking Dead *Captive:* 5/15. Travis sees a familiar face. (Series 2)

10.00 FILM MouseHunt Slapstick comedy starring Nathan Lane and Lee Evans. (1997, PG, 98min) ★★★★

12.00m't The Shield (Series 2) **1.30am** Rectify: Double bill. **3.30-5.30am** Grey's Anatomy: Double bill.

CBS Reality

SKY 146 VIRGIN 148 F'VIEW 66 F'SAT 135

9.00am Judge Judy **10.00** Unsolved Mysteries **12.00** The Super **1.00-3.00pm** Judge Judy **3.00pm** It's a Miracle with Roma Downey **5.00-7.00** Judge Judy

7.00 Medical Detectives The analysis of some hair found at a murder scene pinpoints the perpetrator. **7.30** Using orange fibres to solve a baffling crime.

8.00 Troubled Teens: Jail Shock Placing at-risk teens in a programme to steer them away from a life of crime.

9.00 Stalkers Who Kill

10.00 Snapped: Killer Couples

11.00 Medical Detectives **12.00m't** I Survived **1.00am** Stalkers Who Kill **2.00** Snapped: Killer Couples **3.00** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 VIRG 201 F'VIEW 67 FSAT 136

Challenge

SKY 145 VIRGIN 139 F'VIEW 46 F'SAT 146

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase **9.00** Pointless **10.00** Deal or No Deal **11.30** Dale's Supermarket Sweep

12.00noon Bruce's Price Is Right **12.30pm** Total Wipeout **1.00** Catchphrase **2.00** Pointless **3.00** The Chase **4.00** The Chase USA **5.00** Total Wipeout **6.00** Robot Wars: Motorised mayhem.

7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong.

9.00 The Chase General knowledge quiz show hosted by Bradley Walsh.

10.00 Classic Who Wants to Be a Millionaire? Big-money quiz with Chris Tarrant.

11.00pm-1.00am Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars **5.00-6.00am** Are You Smarter Than a 10 Year Old?

+1 hour SKY 164 VIRG 180 FSAT 147

Comedy Central Extra

SKY 128 VIRGIN 182

9.00-11.00am Friends **11.00** Two and a Half Men **12.00noon** Malcolm in the Middle **1.00pm** Impractical Jokers **2.00** The Middle

3.00 Malcolm in the Middle **4.00** Bob's Burgers **5.00** Two and a Half Men **6.00** That '70s Show (Series 1)

7.00 Malcolm in the Middle 20/22. Lois is called up for jury service. **7.30** 21/22. (Series 3)

8.00-9.30 Bob's Burgers

9.30-11.00 South Park

11.00 Friends **12.00m't** Billy on the Street **12.30am** Bob's Burgers **1.00** Broad City **1.30** The Alternative Comedy Experience **2.00** Peter Kay at the Comedy Store

2.30 Workaholics **3.00** Impractical Jokers **3.25** Broad City **3.50** Sir Leslie Quint: A Life in Film **3.55** South Park **4.20-6.00am** The King of Queens

+1 hour SKY 159

DMax

SKY 167 VIRGIN 170

6.00am Operation Repo **7.00** Custom My Ride **8.00** Tanked **9.00** American Chopper: Senior Versus Junior – Build Off Special **10.00** American Chopper: Senior Versus Junior **11.00** Misfit Garage **12.00noon** Operation Repo

1.00pm Trawler Wars **2.00** Mythbusters **3.00** Food Factory **4.00** Tanked **5.00** Gold Divers **6.00** Yukon Men **7.00** Alaska: The Last Frontier **8.00** Food Factory **9.00** Insane Pools: Off the Deep End **10.00** Property Wars **11.00** Yukon Men

12.00m't American Chopper: Senior Versus Junior – Build Off Special **1.00am** American Chopper: Senior Versus Junior **2.00** Custom My Ride **3.00** Operation Repo **3.50** Misfit Garage **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour SKY 233 VIRG 171

Food Network

SKY 248 VIRGIN 291 F'VIEW 41 F'SAT 148

6.00am Barefoot Contessa – Back to Basics **7.00** Anna Olson: Fresh **8.00** Ace of Cakes **9.00** The Pioneer Woman **10.00** Jenny Morris Cooks the Riviera **11.00** Forever Summer with Nigella

12.00noon Jamie's 15 Minute Meals **1.00pm** Barefoot Contessa **2.00** Australian Food Adventures **3.00** The Pioneer Woman **4.00 NEW SERIES** Private Chef: Double bill. **5.00** Ace of Cakes **6.00** Korean Food Made Simple

7.00 Jamie's 15 Minute Meals

8.00 Diners, Drive-Ins and Dives Double bill.

9.00 Jamie Does Marrakech Jamie samples street food in the Moroccan city.

10.00 Restaurant: Impossible

11.00 Bizarre Foods America **12.00m't** Diners, Drive-Ins and Dives **1.00am** Restaurant: Impossible **2.00-3.00am** Jamie Does Marrakech

+1 hour SKY 250 FSAT 149

Good Food

SKY 133 HD 133/255 VIRG 278 HD 280

6.00am The Opener (HD) **7.00** The Hairy Bikers: Everyday Gourmets (HD) **8.00** Nigel Slater's Simple Suppers (HD) **8.30** Jamie's 30 Minute Meals (HD) **9.00** River Cottage Veg (HD) **10.00** Gordon's Great Escape **11.00** MasterChef USA (HD) **12.00noon** The Hairy Bikers: Everyday Gourmets (HD)

1.00pm Nigel Slater's Simple Suppers (HD) **1.30** Jamie's 30 Minute Meals (HD) **2.00** River Cottage Veg (HD) **3.00** Gordon's Great Escape **4.00** MasterChef USA (HD) **5.00** The Hairy Bikers: Everyday Gourmets (HD) **6.00** Nigel Slater's Simple Suppers (HD)

6.30 Jamie's 30 Minute Meals (HD) **7.00** River Cottage Veg (HD) **8.00** Gordon's Great Escape **9.00** MasterChef USA (HD) **10.00** The Hairy Bikers: Everyday Gourmets (HD) **11.00** Carnival Eats (HD) **12.00m't-6.00am** Highlights

+1 hour SKY 243 VIRG 279

Home

SKY 196 VIRGIN 281 F'VIEW 25

7.00am Homes Under the Hammer **8.00** Flog It! **9.00** DIY SOS: The Big Build **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea **12.00noon** Homes Under the Hammer

1.00pm Flog It! **2.00** DIY SOS: The Big Build **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00** Flog It! In Essex.

7.00 Homes Under the Hammer Property auction.

8.00 DIY SOS: The Big Build

9.00 A Place in the Sun: Home or Away

10.00 Fantasy Homes by the Sea The Jurassic Coast.

11.00 Escape to the Country **12.00m't** DIY SOS: The Big Build **1.00am** Flog It! **2.00** Homes Under the Hammer **3.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 VIRG 282

Home & Health

SKY 240 VIRGIN 284

6.00am Deliver Me **7.00** Quints by Surprise **8.00** Midwives **9.00** Extreme Cheapskates **10.00** Cowboy Builders

11.00 Homes Under the Hammer **1.00pm** Extreme Cheapskates **2.00** Cowboy Builders **3.00** Homes Under the Hammer **5.00** Deliver Me **6.00** Midwives

7.00 Candy Queen A fireman-themed groom's cake. **7.30** A zombie head for a Halloween-obsessed client.

8.00 Extreme Cheapskates Double bill. People who go to any length to save money.

9.00 Your Style in His Hands

10.00 Sex Sent Me to the ER

11.00 Superstars and Superfans **12.00m't** Monsters Inside Me **1.00am** Extreme Cheapskates **2.00** Your Style in His Hands **3.00** Sex Sent Me to the ER **4.00-6.00am** Homes Under the Hammer: Double bill.

+1 hour SKY 241 VIRG 285

Lifetime

SKY 156 HD 156/236 VIRG 208 HD 209

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00-11.00** Judge Judy (HD) **11.00** Storage Wars (HD)

12.00noon Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00-9.00** Judge Judy (HD)

9.00 Child Genius US **NEW EDITION** (HD) **10.00** Dance Moms: Abby's Studio Rescue (HD) **11.00** Project Runway (HD) **12.00m't** Child Genius US (HD) **1.00am** Dance Moms: Abby's Studio Rescue (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20-6.00am** Hardcore Pawn: Double bill. (HD)

+1 hour SKY 197

Quest

SKY 144 VIRG 172 F'VIEW 37

6.00am The Great Rod Race **6.20** Total Fishing with Matt Hayes **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** Wheeler Dealers **11.00** James May's Toy Stories: The Motorcycle Diary **12.00noon** Speed Capital of the World: Bonneville

1.00pm Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler's Generals **5.00** World War Two: Complete History **6.00** Bear Grylls: Born Survivor **7.00** Salvage Hunters

9.00 Aussie Gold Hunters **NEW EDITION 10.00** Wheeler Dealers **11.00** Destroyed in Seconds **12.00m't** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00-6.00am** Scrapheap Challenge

+1 hour SKY 195 VIRG 173 F'VIEW 38

Really

SKY 155 VIRGIN 129 F'VIEW 17 F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes Under the Hammer

12.00noon DIY SOS: The Big Build **1.00pm** Bargain Hunt **1.55** Escape to the Country **2.55** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes Under the Hammer

7.00 Escape to the Country

8.00 Fantasy Homes by the Sea A home in Devon.

9.00 DIY SOS: The Big Build The team builds an extension for a brain-injured man.

10.00 Helicopter Heroes NEW EDITION A farm worker is faced with losing limbs.

11.00 Cold Justice **12.00m't** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00-6.00am** The Clothes Show

Shed

SKY 242 VIRGIN 286

6.00-8.00am Off the Hook: Extreme Catches **8.00** Total Fishing with Matt Hayes **9.00** The Fishing Adventurer **11.00** Mythbusters

1.00-3.00pm Off the Hook: Extreme Catches **3.00pm** Total Fishing with Matt Hayes **4.00** The Fishing Adventurer **6.00** Property Wars

7.00 Overhaulin' The team restores a Chevrolet Impala. **8.00** The team restores a Bronco for a man whose father left it him in his will.

9.00 Moonshiners Tim and Tickle's first run of whiskey is threatened by an intruder. **10.00** Tim and Tickle are forced to make an illicit trip during the day.

11.00 Manhunt **12.00m't** Chaos Caught on Camera **1.00am** Destroyed in Seconds **2.00** The Fishing Adventurer **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 VIRGIN 193

7.00am 'Til Death **8.00** Soldier, Soldier **10.00** Saving Hope **12.00noon FILM** Falling in Love with the Girl Next Door: Romantic comedy. (2006, PG, 92min) ★★★

1.50pm Sony Movie News Extra **2.00** Saving Hope **3.00-7.00** Celebrity Ghost Stories

7.00 Saving Hope *Joel 2:31:* 6/18. Charlie encounters a woman convinced she is dead. (Series 3)

8.00 The Night Shift *Coming Home:* 6/8. An accident could expose the truth about Drew's relationship. (Series 1)

9.00 FILM Courage Under Fire Military drama starring Denzel Washington. (1996, 15, 116min) ★★★

11.20 Satisfaction **12.20am** The Night Shift **1.20** Celebrity Ghost Stories **3.25** Sony Movie News Extra **3.35-4.00am** 'Til Death

+1 hour SKY 181

Spike

SKY 160 F'VIEW 31 F'SAT 141

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers

12.00noon Police Interceptors: Double bill. **2.00pm FILM** Fantastic Voyage: Sci-fi thriller. (1966, U, 100min) ★★★★ **4.00** Chasing Monsters **5.00** Eddie Stobart: Trucks and Trailers **6.00** Police Interceptors: Double bill.

8.00 Beware: Robbers on the Rampage Examining the use of CCTV cameras to make Britain's streets safer.

9.00 Car Crash TV NEW EDITION Shocking events caught on film by dashboard-mounted cameras.

10.00 The X-Files *Kitsunegari:* 8/20. Mulder and Scully search for a mind-controlling murderer. (Series 5)

11.00 FILM Outpost: Zombie horror. (2008, 18, 86min) ★★★★ **12.45am** The X-Files **2.45-3.00am** Access

TLC

SKY 125 HD 125/234 VIRG 167 HD 168

6.00am Little People, Big World **7.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **NEW EDITION**

11.00 Hoarding: Buried Alive (HD) **12.00noon** Extreme Cheapskates (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: Next Great Baker (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **8.00** Little People, Big World **NEW EDITION** (HD)

9.00 I Am Jazz **NEW EDITION** (HD) **10.00** Mistresses (HD) **11.00** Sex Sent Me to the ER (HD) **12.00m't** Little People, Big World (HD) **1.00am** I Am Jazz (HD) **2.00** Mistresses (HD) **3.00-6.00am** Highlights

+1 hour SKY 154 VIRG 169

TruTV

SKY 198 VIRGIN 212 F'VIEW 68 F'SAT 154

6.00-9.00am Psychic Detectives **9.00am-7.00pm** Fear Thy Neighbour: Back-to-back editions of true tales of nightmare neigbours.

7.00pm Fear Thy Neighbour NEW EDITION A man regrets rejecting his neighbour's romantic advances. **8.00 NEW EDITION** A feud between families leads to violence on Halloween. **9.00** True tales of nightmare neighbours living next door.

10.00 RuPaul's Drag Race NEW EDITION The drag queens perform a medley of RuPaul's greatest hits.

11.30 RuPaul's Drag Race: 21½ Moments That Made Us Gag! **12.00m't** Passport to Murder **1.00-2.15am** Psychic Detectives **2.15am** The People's Court **3.00-4.10** Hot Bench **4.10** Masterminds **5.00-6.00am** Crime Stories

+1 hour SKY 271

YourTV

SKY 199 F'VIEW 72 F'SAT 157

9.00am Serial Swindlers **10.00** Murder She Solved **12.00noon-2.00pm** Corrupt Crimes **2.00pm** Crimes of the Rich and Famous **3.00** Murder She Solved **5.00** Hollywood and Crime **6.00** Snapped: Killer Couples

7.00-10.00 Snapped: Women Who Kill The life and trial of murderer Raynella Leath, who was sentenced to 51 years in prison for the murder of her husband in 2010. **8.00** Stories of apparently normal women who turned to murder. **9.00** The story of Monique Johnson, who murdered her boyfriend in Tennessee. Unable to deny her actions, she tries to prove that she killed him in self-defence.

10.00 Snapped: Killer Couples Couples whose passion drives them to commit criminal acts.

11.00pm-3.00am Snapped: Killer Couples: More editions.

Discovery

SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am Misfit Garage (HD) **7.00** American Chopper (HD) **9.00** Fast N' Loud **11.00** Wheeler Dealers (HD) **1.00pm** Yukon Men (HD) **2.00** Gold Rush (HD) **3.00** Bear Grylls: Born Survivor (HD) **4.00** Mythbusters (HD) **5.00** Wheeler Dealers (HD) **6.00** Fast N' Loud: Aaron and the crew turn a tired Chevy Kingswood station wagon into a cool, hot rod dragster it was meant to be. (HD)

7.00 Fast N' Loud The crew sets about restoring a 1968 Mustang. (HD)

8.00 Overhaulin' NEW EDITION Chip Foose and a team of mechanics repair and revamp tired old vehicles. (HD)

9.00 Misfit Garage NEW EDITION The team tries to sell the Econoline to Hollywood star Danny Trejo. (HD)

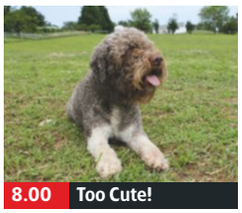
10.00 NEW SERIES Mobsteel The work of a Detroit-based custom car workshop. (HD) **11.00** Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Misfit Garage (HD) **3.50** Mobsteel (HD) **4.40-6.00am** How It's Made: Triple bill. (HD)

+1 hour SKY 521 VIRGIN 252

Animal Planet

SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo: Double bill. (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: Off the Deep End (HD) **12.00noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00-5.00** Snake Sheila: Back-to-back editions. (HD) **5.00** Animal Cops Detroit **6.00** Flying Wild Alaska (HD)



7.00 Tanked A request from the Las Vegas Museum of Natural History for a special aquarium in the shape of a carousel. (HD)

8.00 Too Cute! NEW EDITION Puppies' coming-of-age stories, continuing with Iagotto Romangnolo and Yorkshire terriers. (HD)

9.00 Bondi Vet Dr Chris deals with Fergus, the accident-prone dog. (HD)

10.00 My Cat from Hell: Hell-iday Special: Two cats that are ferocious when together. (HD) **11.00** Bondi Vet (HD) **12.00m't** Tanked (HD) **1.00am** Too Cute! (HD) **2.00** Bondi Vet (HD) **3.00** My Cat from Hell: Hell-iday Special **3.50** Deadliest Catch **4.40** Whale Wars (HD) **5.30-6.00am** Snow Leopards of Leafy London (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic

SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am Nazi Megastructures **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12.00noon** Wicked Tuna (HD) **1.00** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00pm** Air Crash Investigation: Double bill. (HD) **5.00** Car SOS: A 1963 Alfa Romeo Giulia Spider. (HD) **6.00** Supercars: Cameras visit Ford's production plant in Detroit, Michigan. (HD)

7.00 Air Crash Investigation How the pilots of an Airbus which began leaking fuel over the Atlantic, managed to land safely.

8.00 Money Meltdown A man searches for valuable catalytic converters. (HD) **8.30** Dave tries to get his hands on some gold-mining equipment. (HD)

9.00 Yukon Gold NEW EDITION Ken's pregnant wife pressures him to return home, and a new recruit solves Nika and Chris's problems. (HD)

10.00 Banged Up Abroad The story of Vietnam Prisoners of War Ernie Brace and John McCain. (HD)

11.00 Air Crash Investigation (HD) **12.00m't** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00-5.00am** Filthy Riches (HD)

+1 hour SKY 527 VIRGIN 267

History

SKY 529 HD 529/545 VIRGIN 270

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD) **12.00noon** Storage Wars (HD) **1.00-3.00pm** Pawn Stars: Back-to-back editions. (HD) **3.00pm** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00** American Pickers: Mike cannot resist making an offer on a retro boat and a BMW micro car at a garage in California. (HD)

7.00 Storage Wars The gang visits auctions in Lake Elsinore. (HD) **7.30** The buyers head to Santa Ana. (HD)

8.00-10.00 Pawn Stars A bass guitar signed by two rock legends. (HD) **8.30** A rare 1589 manual for war practices. (HD)

9.00 NEW SERIES A signed platinum disc from glam metal band Poison. (HD) **9.30** The work of Las Vegas pawnbrokers. (HD)

10.00 American Pickers NEW EDITION Frank negotiates a deal with a Wisconsin collector. (HD) **11.00** Aussie Pickers **NEW EDITION** (HD) **12.00m't** Pawn Stars (HD) **1.00am** American Pickers (HD) **2.00** Storage Wars (HD) **3.00** Pawn Stars (HD) **4.00-5.00am** American Pickers (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday

SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Great British Railway Journeys **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets **11.00** Impossible Engineering **12.00noon** Great British Railway Journeys **1.00pm** The World at War **2.00** Monarchy by David Starkey **3.00** Museum Secrets **4.00** Impossible Engineering **5.00** Great British Railway Journeys **6.00** The World at War

7.00 Monarchy by David Starkey The reign of King Henry VIII, who inherited the throne at the age of 17.

8.00 Jeeves and Wooster *Return to New York*: Bertie returns to New York in the hope of avoiding Aunt Agatha, Roderick Spode and Madeline Bassett.

9.10 One Foot in the Grave Victor has a spooky encounter with paranormal forces, which seems to change his outlook on life. Guest stars Ray Winstone.

10.30 The Two Ronnies Vintage comedy, with guest Barbara Dickson.

11.20 One Foot in the Grave **12.40am** Museum Secrets **1.40** Great British Ghosts **2.05-3.00am** World at War

+1 hour SKY 538 VIRGIN 246

Eden

SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am Life in the Undergrowth **10.00** Horizon: Do You Know What Time It Is? **11.00** Nigel Marven's Ugly Animals **12.00noon** Wild Britain with Ray Mears (HD) **1.00pm** Biggest & Baddest (HD) **2.00** Wild Canada (HD) **3.00** Life in the Undergrowth **4.00** Horizon: Do You Know What Time It Is? **5.00** Nigel Marven's Ugly Animals **6.00** Wild Britain with Ray Mears: The Forest of Dean. (HD)

7.00 Biggest & Baddest Niall McCann visits the bayous of Louisiana, where he hears stories about giant alligators that have eaten humans. (HD)

8.00 Wild Canada The scenery and wildlife of the North American nation, beginning with humpback whales feeding on capelin. (HD)

9.00 Life in the Undergrowth The story of the invertebrates that left the sea to move on to land 400 million years ago.

10.00 Horizon: Do You Know What Time It Is? **11.00** Extreme Fishing with Robson Green **12.00m't** Nigel Marven's Ugly Animals **1.00am** Wild Britain with Ray Mears (HD) **2.00** Biggest & Baddest (HD) **3.00** Wild Canada (HD) **3.50** Life in the Undergrowth **4.35** Horizon: Do You Know What Time It Is? **5.30-6.00** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Monday

7 PM

8 PM

9 PM

10 PM

Disc. History

SKY 535 VIRG 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters **10.00** Battlefield **12.00** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters **3.00** Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler's Henchmen **6.00** Greatest Tank Battles

7.00 Treasure Quest

8.00 War Digs with Harry Harris Searching for a Lancaster Bomber.

9.00 Al Murray's Road to Berlin

10.00 Secrets of the Blitz: Revealed

11.00 Hitler: Germany's Fatal Attraction **12.00m't** Battlefield **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00-6.00am** Weapon Masters: Double bill.

+1 hour SKY 536 VIRG 263

Disc. Science

SKY 525 VIRG 259

6.00am Strip the City **8.00** Rory McGrath's Best of British Engineering **9.00** Food Factory USA **11.00** How It's Made **12.00noon** How Do They Do It? **1.00pm** Alien Encounters **2.00** Extreme Engineering **3.00** Salvage Squad **4.00** Scrapheap Challenge **5.00-7.00** How Do They Do It? Back-to-back editions.

7.00 Food Factory USA

8.00 How Do They Do It?

9.00 Mountain Monsters

10.00 How It's Made

11.00 How It's Made **12.00m't** Nasa's Unexplained Files **1.00am** Finding Bigfoot **2.00** Ghost Asylum **3.00** Mythbusters **3.50** How It's Made **4.40** How Stuff's Made **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild

SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Cesar to the Rescue **NEW EDITION** (HD) **9.00am-3.00pm** Animals Gone Wild (HD) **3.00pm NEW SERIES** Destination Colombia (HD) **4.00** Killer Whale v Shark (HD) **5.00** Ultimate Animal Countdown (HD)

7.00 Man vs Cheetah Two NFL athletes take part in a race against the speedy big cat. (HD)

8.00 Man v Monster (HD)

9.00 Wild Scotland Wildlife documentary narrated by Ewan McGregor. (HD)

10.00 King Cobra The formidable snake. (HD)

11.00 Anaconda: Silent Killer (HD) **12.00m't** World's Deadliest Snakes (HD) **1.00am** Cobra Mafia (HD) **2.00-5.00am** Animals Gone Wild: Triple bill. (HD)

Turbo

SKY 524 VIRG 261

6.00am Fast N' Loud **7.00** Misfit Garage **8.00** What's My Car Worth? **9.00** Wheeler Dealers **10.00** Chasing Classic Cars **11.00** Salvage Squad **12.00noon** Fifth Gear **1.00pm** What's My Car Worth? **2.00** Bitchin' Rides **3.00** Fast N' Loud **5.00** Fifth Gear **6.00** Wheeler Dealers **7.00** Wheeler Dealers **8.00** What's My Car Worth? **NEW EDITIONS** Double bill. **9.00** Jet Stream **10.00** Wheeler Dealers **11.00** How It's Made: Dream Cars **12.00m't** What's My Car Worth? **1.00am** Chasing Classic Cars **2.00** Extreme Car Hoarders **3.00** Overhaulin' Chronicles **3.50** Overhaulin' **4.40** Extreme Car Hoarders **5.30-6.00am** Wheeler Dealers

PBS America

SKY 534 VIRG 276 FREESAT 156

6.00am The Italian Americans **6.55** The Road from Christ to Constantine **7.50** Britain's Lost Routes with Griff Rhys Jones **9.05** The Road from Christ to Constantine **10.15** Munich '72 and Beyond **11.20** Penn Station: Rise and Fall **12.30pm** 21st Century Warship **1.40** Britain's Lost Routes with Griff Rhys Jones **2.55** Munich '72 and Beyond **4.05** Penn Station: The Rise and Fall **5.20** 21st Century Warship **6.35** Britain's Lost Routes with Griff Rhys Jones **7.50** Ebola: Death in a Village **9.00** 1,000 Days of Fear: The Deadly Race at Los Alamos **10.15** Race for the Superbomb **11.30** Ebola: Death in a Village **12.35am** 1,000 Days of Fear: The Deadly Race at Los Alamos **1.40** Race for the Superbomb **2.45** The Road from Christ to... **3.40-6.00am** Highlights

CI

SKY 553 HD 553/555 VIRG 275

6.00am Motives & Murders (HD) **7.00** Homicide Hunter (HD) **8.00** The First 48 (HD) **9.00am-2.00pm** Unusual Suspects (HD) **2.00pm** On the Case with Paula Zahn (HD) **3.00** Homicide Hunter (HD) **4.00-8.00** Crimes That Shook Britain (HD) **8.00** On the Case with Paula Zahn (HD) **9.00** Britain's Darkest Taboos (HD) **10.00** Married, Single, Dead (HD) **11.00** The First 48 **NEW EDITION** (HD) **12.00m't** 999: Killer on the Line (HD) **1.00am** Britain's Darkest Taboos (HD) **2.00** Unusual Suspects (HD) **3.00** Mobsters (HD) **5.00-6.00am** On the Case with Paula Zahn (HD)

+1 hour SKY 554

H2

SKY 531 VIRG 273

8.00am 10 Things You Don't Know About **9.00** Dogfights **10.00** Combat Trains **11.00** Defenders of the Sky **12.00noon** 10 Things You Don't Know About **1.00pm** Dogfights **2.00** Combat Trains **3.00** Mud Men **4.00** A History of Britain by Simon Schama **5.00** Weapons at War **6.00** Combat Trains

7.00 In Search of Aliens

8.00 Pirate Treasure of the Knights Templar

9.00 Missing in Alaska The 1950 disappearance of a military transport plane in Alaska.

10.00 Ancient Aliens

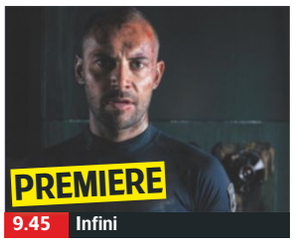
11.00 1,000 Ways to Die **12.00m't** Beast Legends **1.00am** Missing in Alaska **2.00** Ancient Aliens **3.00** In Search of Aliens **4.00-5.00am** Beast Legends

MONDAY Films

Monday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am PREMIERE Infini 8.00 Finding Pixar 8.30 The Perfect Guy 10.15 The Good Dinosaur 12.00noon The Man from U.N.C.L.E 2.00pm Hyena Road Drama. (S) (2015, 15, 120min) ★★
4.15 The Good Dinosaur Animated adventure. (S) (2015, PG, 97min) ★★★★ **6.00 The Man from U.N.C.L.E** Spy adventure based on the 1960s TV series, starring Henry Cavill. (S) (2015, 12, 112min) ★★★★



9.45 Infini

8 PM **8.00 The Perfect Guy** Thriller starring Sanaa Lathan. A political lobbyist begins a passionate new relationship, but discovers her boyfriend has a dangerously volatile side. (S) (2015, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.45 PREMIERE Infini** Sci-fi starring Daniel MacPherson. A space team sent to the site of a biological outbreak discovers a weapon that threatens life on Earth. (2015, 15, 106min) ★★
See review, page 21
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM
11.45 Bad Blood Crime thriller with Abigail Breslin, Sean Bean and Alexa Vega. (S) (2014, 15, 92min) ★★
1.20am Narcopolis Sci-fi thriller starring Elliot Cowan and Jonathan Pryce. (S) (2015, 15, 96min) ★★
3.05 Hyena Road As 2.00pm.
5.10 The Top Ten Show 2016
5.30-6.00am Ghostbusters: Special

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.05am Cinderella II: Dreams Come True 7.25 Disney's Dumbo 8.35 Tangled 10.25 Cars 2 12.15pm Aladdin 1.55 Piglet's Big Movie Animated adventure. (S) (2003, U, 75min) ★★ **3.15 Dumbo** Cartoon. (S) (1941, U, 64min) ★★★★★
4.30 Tangled Animated musical. (S) (2010, PG, 100min) ★★★★ **6.20 Aladdin** Animated fantasy featuring the voice of Robin Williams. (S) (1992, U, 90min) ★★★★★

6.20 Aladdin

8.00 The Jungle Book Animated version of Rudyard Kipling's classic tale about the adventures of a boy reared by wolves in the jungle. With the voices of Phil Harris, George Sanders and Sebastian Cabot. (S) (1967, U, 78min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.30 Freaky Friday Children's comedy in which a mother and daughter magically change places. Stars Jodie Foster and Barbara Harris. (S) (1976, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 The Black Cauldron Animated adventure with the voice of John Hurt. (S) (1985, U, 80min) ★★★
12.45am Teacher's Pet Animated comedy. (S) (2004, U, 74min) ★★★★
2.10 Piglet's Big Movie As 1.55pm.
3.35 Cinderella II: Dreams Come True Animated musical sequel. (S) (2002, U, 71min) ★★
5.00-6.25am Cinderella III: A Twist in Time Animated sequel. (S) (2007, U, 71min) ★★★★

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.40am Lost & Found 8.20 The Mask 10.10 Charlie and the Chocolate Factory As 6.00pm. **12.10pm Into the Woods** As 8.00pm. **2.20 Jumanji** As 10.10pm.
4.10 The Mask Fantasy comedy starring Jim Carrey and Cameron Diaz. (S) (1994, PG, 101min) ★★★★ **6.00 Charlie and the Chocolate Factory** Tim Burton's fantasy starring Johnny Depp and Freddie Highmore. (S) (2005, PG, 115min) ★★★★

6.00 Charlie and the Chocolate...

8.00 Into the Woods Musical fantasy starring Meryl Streep, Johnny Depp, James Corden and Emily Blunt. A witch agrees to lift a curse on a young couple if they will help restore her once beautiful looks. (S) (2014, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Jumanji Fantasy adventure with Robin Williams and Bonnie Hunt. A mysterious board game unleashes a series of wild creatures upon a small American town. (S) (1995, PG, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00m't Lost & Found Adventure starring Jason Patric. Teenage brothers embark on a treasure hunt. (S) (2015, PG, 90min) ★★
1.40am Lassie Family adventure. (S) (2005, PG, 100min) ★★★★
3.25 Toys Comedy fantasy with Robin Williams. (1992, PG, 121min) ★★★
5.30-6.00am Finding Pixar

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.00am Into the Storm 7.45 Snakes on a Plane 9.35 In the Line of Fire 11.45 Ant-Man 1.55pm Crimson Tide Submarine thriller with Denzel Washington and Gene Hackman. (S) (1995, 15, 116min) ★★★★
4.05 Seventh Son Fantasy adventure starring Ben Barnes. (S) (2014, 12, 102min) **6.00 The Day the Earth Stood Still** Sci-fi action thriller starring Keanu Reeves and Jennifer Connelly. (2008, 12, 103min) ★★

4.05 Seventh Son

8.00 Ant-Man Superhero adventure starring Paul Rudd, Michael Douglas and Evangeline Lilly. A thief uses a suit that gives him the power to shrink to help a scientist recover his stolen invention. (2015, 12, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Into the Storm Disaster thriller with Richard Armitage. Scientists and thrill seekers descend on a small town that is due to be struck by a succession of tornados. (S) (2014, 12, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.50 AVP: Alien Vs Predator Sci-fi horror starring Sanaa Lathan. (S) (2004, 15, 101min) ★★★
1.45am Underworld Action horror fantasy starring Kate Beckinsale. (S) (2003, 15, 121min) ★★★
4.00-6.00am Jaws 2 Adventure thriller sequel starring Roy Scheider. (S) (1978, PG, 115min) ★★★

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

6.00am The Bad News Bears 7.50 Romancing the Stone 9.40 The Jewel of the Nile 11.30 Romy and Michele's High School Reunion 1.10pm Nacho Libre 2.50 This Is Where I Leave You Comedy drama. (S) (2014, 15, 103min) ★★
4.40 And So It Goes Romantic comedy drama. (S) (2014, 12, 90min) ★★★ **6.20 The Cable Guy** Black comedy starring Jim Carrey. (S) (1996, 12, 96min) ★★★

11.30 Ali G Indahouse

8.00 Unfinished Business Comedy with Vince Vaughn. Three businessmen travel to Germany to seal an important deal, but a series of events turn their trip into a disaster. (S) (2015, 15, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.40 Bad Bromance Comedy with Jack Black and James Marsden. A man tries to be the hero to his old schoolfriends by persuading a famous classmate to attend a reunion. (S) (2015, 15, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Ali G Indahouse Comedy starring Sacha Baron Cohen. (S) (2002, 15, 88min) ★★★
1.05am Kiss Kiss, Bang Bang Comedy thriller with Robert Downey Jr. (S) (2005, 15, 103min) ★★★
2.55 The Rocky Horror Picture Show Cult comedy horror musical. (S) (1975, 15, 95min) ★★★★
4.45-6.30am Trail of the Pink Panther Comedy starring Peter Sellers. (1982, PG, 92min) ★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

7.05am Harry Potter and the Philosopher's Stone 9.40 Interstellar 12.30pm Annie 2.40 Harry Potter and the Philosopher's Stone Fantasy adventure. (S) (2001, PG, 152min) ★★★★
5.15 Harry Potter and the Chamber of Secrets Fantasy adventure sequel starring Daniel Radcliffe. (S) (2002, PG, 161min) ★★★★

8.00 Interstellar Sci-fi drama with Matthew McConaughey and Anne Hathaway. (S) (2014, 12, 166min) ★★★★
10.50 Die Hard 4.0 Action thriller sequel starring Bruce Willis, Timothy Olyphant, Justin Long and Maggie Q. (S) (2007, 15, 128min) ★★★
1.05am Black Sea Thriller with Jude Law and Jodie Whittaker. (S) (2014, 15, 112min) ★★★
3.10 Let's Be Cops Comedy starring Jake Johnson and Damon Wayans Jr. (S) (2014, 15, 101min) ★★
5.05-7.05am Annie Musical remake of the stage show. (S) (2014, PG, 115min) ★★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am Enemy of the State 8.15 Fast & Furious 7 Special 8.45 xXx2: The Next Level 10.40 The Top Ten Show 2016 10.55 Spooks: The Greater Good 12.55pm Inception 3.35 The Sum of All Fears
5.45 Enemy of the State Conspiracy thriller with Will Smith and Gene Hackman. (1998, 15, 127min) ★★★★

8.00 Spooks: The Greater Good Spy thriller starring Kit Harington and Peter Firth. (S) (2015, 15, 104min) ★★★
10.00 Inception Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. (S) (2010, 12, 149min) ★★★★★
12.30am xXx2: The Next Level Action thriller sequel starring Ice Cube. (S) (2005, 12, 101min) ★★
2.25 The Sum of All Fears Thriller with Ben Affleck. (2002, 12, 119min) ★★★★
4.40 The Top Ten Show 2016
5.00 Ant-Man: Special
5.30-6.00am Fast & Furious 7 Special Behind the scenes.

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

6.10am Hollywood's Best Film Directors 6.50 The Plunderers 8.45 Vengeance Valley 10.25 The Searchers 12.50pm Kung Fu 3.00 The Bounty Hunter
4.35 Knights of the Round Table Arthurian adventure. (1953, PG, 115min) ★★★ **6.55 The Wizard of Oz** Classic musical fantasy. (1939, U, 98min) ★★★★★

9.00 Outbreak Thriller starring Dustin Hoffman and Rene Russo. An expert in infectious diseases searches for the cure for a virus threatening to turn into a pandemic. (1995, 15, 128min) ★★★
11.30 Fire Down Below Action thriller starring Steven Seagal. A government agent fights to stop a tycoon dumping toxic waste in abandoned mine shafts. (1997, 18, 101min) ★
1.30am Conspiracy Theory with Jesse Ventura
3.15-6.10am Hollywood's Best Film Directors

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am The Great Ghost Rescue 11.00 Time Runners 1.00pm Killer Bees Thriller. (2002, PG, 91min) ★ **3.00 Loyal Opposition: Terror in the White House** Thriller starring Joan Van Ark. (1997, PG, 92min) ★★
5.00 One Fine Day Romantic comedy starring George Clooney and Michelle Pfeiffer. (1996, PG, 108min) ★★★

7.15 The Accidental Husband Romantic comedy starring Uma Thurman and Colin Firth. (2008, 12, 86min) ★
9.00 Zero Tolerance Crime drama starring Robert Patrick. (S) (1994, 18, 85min) ★★
11.00 Puncture Wounds Action adventure with Cung Le. (2014, 15, 93min) ★★
12.55am Wind Chill Horror. (2007, 15, 87min) ★★★
2.50 Sony Movie News Extra
3.00 Bending All the Rules Romantic comedy. (2002, 15, 93min) ★★
4.45 Sony Movie News Extra
4.55-6.00am Highway to Heaven Fantasy drama.

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am The Lost World 9.00 Tales from the Darkside 9.30 Tales from the Darkside 10.00 At the Earth's Core 11.50 Horror Highlights 12.00noon The War of the Worlds 1.00pm Atomic Dog 2.50 Horror Highlights 3.00 The Incredible Hulk 4.00 Lost in the Bermuda Triangle 5.50 Horror Highlights 6.00 The Lost World

7.00 Tales from the Darkside
8.00 The War of the Worlds 10/20. An alien facing execution goes on the run.
9.00 An American Haunting Chiller with Donald Sutherland and Sissy Spacek. A family falls victim to a poltergeist in 19th-century Tennessee. (2005, 15, 90min) ★
10.50 Scanners Sci-fi thriller. (1981, 18, 103min) ★★★
12.55am DeadHeads Zombie romantic comedy. (2011, 15, 96min) ★★
2.45-4.30am Wishmaster Horror. (1997, 18, 90min) ★

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am One Special Victory 9.00 Shadow of a Doubt 11.00 The Forget-Me-Not Murders 1.00pm Prince William: Behind the Headlines 2.00 Diana: A Model Princess 3.00 Dangerous Indiscretions 4.00 Edward and Sophie: The True Story 5.00 William and Kate: Into the Future 6.00 Queen Elizabeth II: 60 Years On

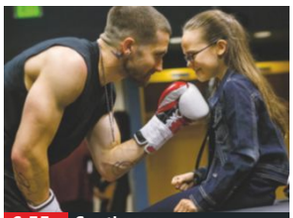
7.00 Princess Diana: Where Now? A look at the life of Diana after her divorce.
8.00 Fergie: The Downfall of a Princess The rise and fall of Sarah Ferguson.
9.00 Princess Diana: In Search of Happiness
10.00 Princess Diana: A Day in the Life Documentary.
11.00 Born Innocent Drama with Linda Blair and Joanna Miles. (1974, 15, 97min) ★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Danielle Steel's A Perfect Stranger Romantic drama. (1994, 12, 88min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.10am The Temp 7.55 Assault on Precinct 13 9.45 Son of a Gun 11.35 Southpaw 1.40pm The Runner Drama. (S) (2015, 15, 90min) ★★ **3.15 Montana** Crime thriller. (S) (2014, 15, 104min) ★★
5.05 Son of a Gun Crime drama starring Brenton Thwaites and Ewan McGregor. (S) (2013, 15, 108min) ★★★ **6.55 Southpaw** Drama with Jake Gyllenhaal and Forest Whitaker. (S) (2015, 15, 124min) ★★★


6.55 Southpaw

Southpaw (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

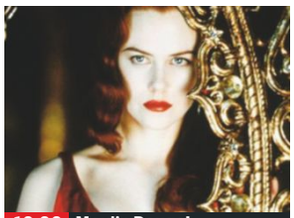
9.00 The Departed Crime thriller with Leonardo DiCaprio, Matt Damon and Jack Nicholson. An undercover cop who has infiltrated a Boston gang plays a deadly game of cat and mouse against a mole in the police force. (S) (2006, 18, 151min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 A History of Violence Thriller starring Viggo Mortensen and Maria Bello. (S) (2005, 18, 96min) ★★★
1.15am Bad Karma Action thriller staring Ray Liotta and Dominic Purcell. (2012, 15, 83min) ★★
2.45 Assault on Precinct 13 Remake of John Carpenter's 1976 cult action thriller. (S) (2004, 15, 109min) ★★
4.45-6.30am Point Last Seen Drama starring Linda Hamilton. (S) (1998, PG, 87min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

6.30am Lovesick 8.10 A Streetcar Named Desire 10.20 Coyote Ugly 12.10pm Pride & Prejudice Romantic period drama. (S) (2005, U, 127min) ★★★★★ **2.25 John Tucker Must Die** Teen revenge comedy. (S) (2006, 12, 90min) ★★
4.05 Ashby Comedy drama with Mickey Rourke. (S) (2015, 15, 100min) **5.55 Men, Women & Children** Drama with Adam Sandler. (S) (2014, 15, 120min) ★★★


10.00 Moulin Rouge!

8.00 Woman in Gold Fact-based drama starring Helen Mirren, Ryan Reynolds and Daniel Brühl. An old woman takes the Austrian government to court to reclaim art treasures stolen from her family by the Nazis. (S) (2015, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

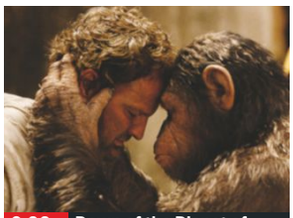
10.00 Moulin Rouge! Romantic musical with Ewan McGregor and Nicole Kidman. A young, idealistic English writer falls in love with a beautiful courtesan in 1899 Paris. (S) (2001, 12, 128min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15am Birth Psychological drama with Nicole Kidman and Cameron Bright. (S) (2004, 15, 100min) ★★★
2.05 Rain Man Oscar-winning drama with Dustin Hoffman and Tom Cruise. (S) (1988, 15, 133min) ★★★★★
4.25-6.15am Blue Hawaii Musical starring Elvis Presley and Angela Lansbury. (S) (1961, PG, 103min) ★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am The Pyramid 7.45 Solaris 9.35 Journey to the Centre of the Earth 12.00noon The Gallows As 7.30pm. **1.30pm Dawn of the Planet of the Apes** As 9.00pm. **3.45 The Top Ten Show 2016**
4.00 Annabelle As 11.15pm. **5.45 Solaris** Sci-fi drama starring George Clooney. (S) (2002, 12, 98min) ★★ **7.30 The Gallows** Found-footage horror starring Reese Mishler and Pfeifer Brown. (2015, 15, 81min) ★


9.00 Dawn of the Planet of...

The Gallows (film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

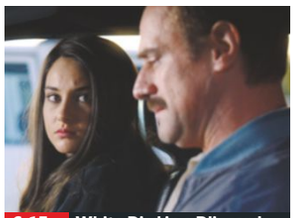
9.00 Dawn of the Planet of the Apes Sci-fi thriller sequel starring Andy Serkis and Jason Clarke. The leader of a colony of intelligent apes tries to prevent his tribe going to war against the human race. (S) (2014, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Annabelle Horror spin-off from *The Conjuring*, starring Annabelle Wallis. (S) (2014, 15, 97min) ★★
1.00am The Pyramid Horror starring Ashley Hinshaw and Denis O'Hare. (S) (2014, 15, 85min) ★★★
2.35 Bound to Vengeance Thriller starring Tina Ivlev and Richard Tyson. (S) (2015, 18, 77min) ★★
4.00-6.15am Journey to the Centre of the Earth Fantasy adventure. (1959, U, 132min) ★★★

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.00am The Face of an Angel 7.50 Dead Calm 9.35 Charlie Wilson's War 11.25 Cake 1.15pm The Bridge on the River Kwai Oscar-winning war drama. (S) (1957, PG, 161min) ★★★★★
4.00 Flags of Our Fathers Clint Eastwood's World War Two drama. (S) (2006, 15, 132min) ★★★★★ **6.15 White Bird in a Blizzard** Mystery starring Shailene Woodley. (S) (2014, 15, 91min) ★★★


6.15 White Bird in a Blizzard

8.00 Election Satirical dark comedy starring Matthew Broderick and Reese Witherspoon. A frustrated Nebraska high-school teacher comes to grief when he tries to check the ambitions of an overachieving pupil. (S) (1999, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Hustle & Flow Hip-hop melodrama starring Terrence Howard as a small-time Memphis pimp attempting to launch his career as a rapper. (S) (2005, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

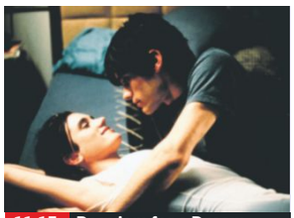
12.00m't Four Corners Thriller starring Brendon Daniels, Jezriel Skei, Abduragman Adams and Lindiwe Matshikiza. (2013, 15, 119min) ★★★
2.05am Klute Psychological thriller with Jane Fonda, Donald Sutherland, Charles Cioffi and Nathan George. (1971, 18, 114min) ★★★★
4.05-6.50am The Bridge on the River Kwai As shown at 1.15pm.

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am Inspector Gadget 12.40pm Bugsy Malone Musical spoof. (S) (1976, U, 93min) ★★★★ **2.30 Magic in the Water** Fantasy. (S) (1995, PG, 101min) ★★
4.40 Mirror Mirror Tongue-in-cheek fantasy. (S) (2012, PG, 101min) ★★★ **6.45 The School of Rock** Comedy. (S) (2003, PG, 109min) ★★★


11.15 Requiem for a Dream

The School of Rock (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 RED 2 Action comedy sequel starring Bruce Willis, John Malkovich, Mary-Louise Parker and Helen Mirren. A bunch of retired spies try to track down a missing nuclear bomb. With Anthony Hopkins and Catherine Zeta-Jones. (S) (2013, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Requiem for a Dream Drama. (S) (2000, 18, 102min) ★★★★
1.20-3.45am PREMIERE The Kingdom of Dreams and Madness Documentary about the work of Japanese animators Studio Ghibli. (2013, PG, 118min) ★★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Monday

8 PM

9 PM

10 PM

11 PM

Sony Movies

SKY 323

9.00am The Race 10.45 The Cup 12.45pm Sony Movie News Extra 12.55 Hard Times Action drama. (1975, 15, 97min) ★★★ **2.45 The Anderson Tapes** Heist thriller. (1971, 15, 98min) ★★★
4.40 Sony Movie News Extra 4.50 Force 10 from Navarone Adventure sequel to *The Guns of Navarone*. (1978, 12, 118min) ★★

7.15 Fatal Contact: Bird Flu in America Thriller starring Joely Richardson and Scott Cohen. (2006, 12, 83min) ★
9.00 The Punisher Thriller with Tom Jane and John Travolta. (2004, 18, 123min) ★
11.25 Donnie Brasco Fact-based crime drama with Al Pacino and Johnny Depp. (1997, 18, 126min) ★★★
2.00am Flight of Fury Action thriller. (2007, 15, 98min) ★
4.00 Jungle Boy Adventure. (1993, PG, 85min) ★★
5.50-6.00am Sony Movie News Extra Film news.

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am It Had to Be You 9.00 When Calls the Heart 11.00 Touched 1.00pm How Not to Propose Romantic drama. (2015, PG, 120min) ★★ **3.00 Fairfield Road** Romantic drama. (2010, PG, 89min) ★★★
5.00 Harvest Moon Romantic drama with Jesse Hutch, Willie Aames and Tony Alcantar. (2015, PG, 120min) ★★

7.00 When Calls the Heart Rosemary and Lee go on an adventure and Abigail has an unexpected guest. (Series 3)
9.00 Perfect on Paper Comedy starring Lindsay Hartley and Morgan Fairchild. (2014, PG, 82min) ★★
11.00 Having You Drama starring Anna Friel, Romola Garai and Andrew Buchan. (2013, 15, 92min) ★★★
1.00am 1000 to 1 Sporting drama starring David Henrie and Beau Bridges. (2014, PG, 99min) ★★
3.00-5.00am A Dog Named Duke Family drama. (2012, PG, 95min) ★★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am Lady Luck 7.50 My Boyfriend's Back 9.40 Return of the Bad Men 11.25 Cimarron Strip: The Judgement 1.00pm Buck and the Preacher Comedy Western starring Sidney Poitier. (1971, PG, 102min) ★★ **3.10 Doc West** 1/2. Western starring Terence Hill and Paul Sorvino.
5.05 Doc West 2/2. Conclusion.

7.10 Durango Is Coming, Pay or Die Western revenge drama starring Brad Harris. (1971, PG, 95min) ★★
9.00 The Gunslingers Western starring John Elliott, Narisa Suzuki, Brad Allen and Ben Hall. (2009, 12, 110min) ★★
10.50 Don't Wait, Django – Shoot! Spaghetti Western starring Sean Todd. (1967, 12, 88min) ★★
12.30am The Price of Power Western mirroring the killing of JFK, with Giuliano Gemma. (1969, PG, 96min) ★★
2.40-4.00am Stranger on Horseback Western with Joel McCrea. (1955, U, 65min) ★★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

9.00pm Gone in Sixty Seconds *Sky1* Action thriller starring Nicolas Cage. (HD) ★★★
9.00pm Face/Off *5STAR* Action thriller with John Travolta and Nicolas Cage. ★★★★
9.00pm Courage Under Fire *SonyTV* Military drama starring Denzel Washington. ★★★
9.00pm Star Trek VI: The Undiscovered Country *Syfy* Sci-fi adventure. ★★★★
9.05pm The Keeper *ITV4* Action thriller starring Steven Seagal. (HD) ★★

10pm TILL LATE

10.00pm MouseHunt *AMC* Slapstick comedy starring Nathan Lane. ★★★★
11.00pm The Glimmer Man *ITV4* Action thriller starring Steven Seagal. (HD) ★
11.00pm Outpost *Spike* Zombie horror with Ray Stevenson and Julian Wadham. ★★★★

(S) Subtitles (SL) Signing

Monday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** WWE – Raw (HD) **8.00** Premier League 100 Club (HD) **8.30** Premier League Years (HD) **10.30** Great Sporting Moments (HD) **11.00** Goals on Sunday (HD) **12.30-2.00pm** Football Gold (HD)

2.00pm Premier League Years Highlights of the 1992/1993 season.

4.00 Premier League 100 Club (HD)

4.30-5.30 Sporting Triumphs (HD)

5.30 Football Gold (HD)

6.00 Soccer AM (HD)

7.30 LIVE Elite League Speedway Coventry Bees v Swindon Robins: Coverage from the Brandon Stadium. (HD)

9.30 SPFL Round-Up A review of the latest round of fixtures. (HD)

10.00 More Than a Game (HD)

10.30 Great Sporting Moments (HD)

11.00 Premier League Legends (HD) **11.30** Super League Fulltime (HD) **12.00m't** Elite League Speedway (HD) **2.00am** Football Gold (HD) **2.30** SPFL Round-Up (HD) **3.00** Premier League Legends (HD) **4.00-6.00am** Premier League Years (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Test Cricket (HD) **8.00** Test Cricket: The Verdict (HD) **9.00** Cricket's Greatest (HD) **11.00** Test Cricket (HD)

12.00noon Test Cricket: The Verdict (HD)

1.00pm Cricket's Greatest (HD)

2.00 Test Cricket (HD)

3.00 Test Cricket: The Verdict (HD)

4.00 Cricket's Greatest Double bill. (HD)

5.00 Test Cricket (HD)

6.00 Test Cricket: The Verdict England v Pakistan. (HD)

7.00 LIVE NatWest T20 Blast Cricket Coverage of the opening quarter-final of the domestic competition at a venue yet to be confirmed. (HD)

10.45 Sporting Triumphs Andrew Strauss relives the 2009 England Ashes glory. (HD)

11.00 Cricket's Greatest Australian cricketer Dennis Lillee. (HD)

11.30 Cricket's Greatest Adam Gilchrist. (HD)

12.00m't NatWest T20 Blast Cricket (HD) **3.45am** Sporting Triumphs (HD) **4.00-6.00am** Cricket's Greatest (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Darts Gold (HD) **7.00** Sky Sports Boxing Gold (HD) **8.00** Major League Soccer (HD) **10.00** Sporting Heroes: Suzanne Dando Interviews Olga Korbut (HD) **11.00** Racing News (HD) **11.30** Sporting Greats

12.00noon Major League Soccer (HD)

4.00pm Darts Gold (HD)

4.30 NRL – The Rookie 2016 Final (HD)

6.00 Darts Gold (HD)

6.30 Sporting Greats A look at the career of Lester Piggott.

7.00 Sporting Heroes: Gary Newbon Interviews Mary Rand An interview with the 1964 Olympic long jump champion. (HD)

8.00 NRL – The Rookie 2016 Final The climax of the reality show. (HD)

9.30 Super League Fulltime A round-up of the latest matches. (HD)

10.00 Sporting Heroes: Gary Newbon Interviews Sir Roger Bannister An interview with the former athlete. (HD)

11.00 SPFL Round-Up The latest fixtures. (HD)

11.30pm-5.30am Major League Soccer (HD) **5.30-6.00am** Sporting Greats

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic **7.00** European Tour Golf (HD) **8.00** PGA Tour Golf (HD) **1.00pm** European Tour Golf (HD)

2.00 Time of Our Lives Former Derby County players reminisce. (HD)

3.00 PGA Tour Classic The 1986 Buick Open.

4.00 European Tour Golf As 9.00pm. (HD)

5.00 Sporting Rivalries Double bill. (HD)

6.00 European Tour Golf As 9.00pm. (HD)

7.00 PGA Tour Golf Highlights of the Travelers Championship. (HD)

8.00 PGA Tour Classic Action from the 2000 NEC Invitational.

9.00 European Tour Golf Highlights of the Paul Lawrie Match Play at Archerfield Links Golf Club in East Lothian. (HD)

10.00 PGA Tour Golf As 7.00pm. (HD)

11.00 PGA Tour Classic Highlights of the 1992 K-Mart Greater Greensboro Open.

12.00m't European Tour Golf (HD) **1.00am** PGA Tour Golf (HD) **2.00** Shell's Wonderful World of Golf **3.30** European Tour Golf (HD) **4.30** PGA Tour Golf (HD) **5.30-6.00am** Sporting Rivalries (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest Players (HD) **8.00** Football's Greatest Managers **9.00** Sporting Greats **10.00** Spanish Football Gold (HD) **11.00** Football's Greatest Players (HD)

12.00noon Football's Greatest Players (HD)

2.00pm Football's Greatest Managers

3.00-4.00 Spanish Football Gold (HD)

4.00 Football's Greatest Managers Double bill.

5.00 WWE – Raw Wrestling action from the States. (HD)

7.00 Major League Soccer Los Angeles Galaxy v New York Red Bulls. (HD)

9.00 MLS Round-Up Show The latest round of soccer fixtures. (HD)

9.30 Football's Greatest Managers A profile of former Republic of Ireland manager Giovanni Trapattoni.

10.00 WWE – Late Night – Raw (HD)

11.00 WWE – Experience (HD)

12.00m't WWE Main Event (HD) **1.00am LIVE** WWE – Late Night – Raw (HD) **4.15** WWE from the Vault (HD) **4.30-6.00am** Football's Greatest Managers

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.20am Going for Gold (HD) **7.25** Dwars door Het Hageland (HD) **8.25** The Voxwomen Cycling Show (HD) **8.55** Going for Gold (HD) **9.00** Football's Greatest (HD) **10.00** FIA World Touring Cars (HD) **11.00** MCE British Superbikes (HD)

12.30pm Motocross World Championship Highlights from Switzerland. (HD)

1.35 Eurosport News

1.40 Going for Gold (HD)

1.50 Football's Greatest Classic action. (HD)

2.50 Dwars door Het Hageland (HD)

3.50 The Voxwomen Cycling Show (HD)

4.20 ATP Tennis (HD)

5.55 Eurosport News

6.00 Going for Gold (HD)

6.15 Best of Bikes (HD)

6.30 FIA World Touring Cars Round eight. (HD)

7.30 Speedway European Championship Round two from Latvia.

8.30 Motocross World Championship (HD)

9.00 MCE British Superbikes (HD)

11.00 Motorcycling: Southern 100 (HD)

12.00m't FIA World Touring Cars (HD) **1.00-1.05am** Eurosport News

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

5.15am LIVE Test Cricket: Sri Lanka v Australia: Coverage of the fifth day of the second Test from Galle International Stadium. (HD) **7.30** Tenerife Blue Trail (HD) **8.00** WATTS (HD) **8.10 LIVE** Test Cricket: Sri Lanka v Australia: More coverage. (HD) **10.10** Eurosport News **10.25** Going for Gold (HD)

10.30 LIVE Test Cricket Sri Lanka v Australia: Coverage of the fifth day of the second Test. (HD)

12.30pm FIA World Touring Cars (HD)

1.55 Eurosport News

2.00 Speedway European Championship (HD)

3.00 Motocross World Championship (HD)

4.00 Motorcycling: Southern 100 (HD)

5.00 MCE British Superbikes (HD)

6.00 Isle of Man TT (HD)

8.00 Eurosport News

8.05 Going for Gold (HD)

8.10 Cycling: Giro d'Italia A review. (HD)

9.10 Cycling: Tour de France A review. (HD)

10.10 Eurosport News

10.15 ATP Tennis (HD)

11.45 Going for Gold (HD) **11.50** Triathlon (HD) **12.30-6.00am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

6.00am-12.00noon Classic Premier League (HD)

12.00noon Leicester City v Manchester United (HD)

1.30pm Football League Cup Finals: 1970s (HD)

2.00 Singha Premiership Rugby 7s Series (HD)

5.00 The 16th Man (HD)

6.00 Global Goals (HD)

6.15 Ladbrokes SPFL Highlights A review of recent action. (HD)

6.45 Vanarama National League Highlights A round-up of the latest action. (HD)

7.15 LIVE Bundesliga 2 VfB Stuttgart v St Pauli: Coverage of the opening game of the season for both clubs, held at the Mercedes-Benz Arena. Kick-off is at 7.15. (HD)

9.15 Global Goals (HD)

9.30pm-12.00m't Classic Premier League (HD)

12.00m't Classic Premier League (HD) **2.30am** Ladbrokes SPFL Highlights (HD) **3.00** UK Angling Championship (HD) **4.00** Aviva Premiership Rugby (HD) **4.30** Ladbrokes SPFL Highlights (HD) **5.00** Football League Cup Finals: 1970s (HD) **5.30-6.00am** Football League Cup Finals: 1980s (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am Gillette World Sport (HD) **6.30** Angling (HD) **7.00** Vanarama National League (HD) **8.30** Scottish Professional Football League (HD) **10.00** Brasileirao (HD) **11.30** Gillette World Sport (HD)

12.00noon Richmond v Collingwood (HD)

2.00pm AFL Sydney Swans v Port Adelaide. (HD)

4.00 AFL Action from Western Bulldogs v North Melbourne. (HD)

6.00 Judo World Tour Highlights The best of the action from the Judo Grand Slam event in Tyumen, Russia. (HD)

6.30 Angling A look at the history of the UK Angling Championship. (HD)

7.00 UK Angling Championship Highlights from round three. (HD)

8.00 Brasileirao Highlights of Palmeiras v Vitoria. (HD)

9.30 Singha Premiership Rugby 7s Series Highlights of the series final. (HD)

12.30am Vanarama National League Highlights (HD) **1.00** Ligue 1 – Games of the Season (HD) **5.00-6.00am** Ligue 1: Season Review (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am CFL (HD) **8.30** CFL: Saskatchewan @ Calgary (HD) **11.00** CFL: Ottawa Redblacks v Edmonton Eskimos. (HD)

1.30pm Baseball Tonight Your one-stop shop for MLB news. (HD)

2.30 MLB Washington Nationals v San Francisco Giants: Action from the match at Nationals Park. (HD)

5.30 Gillette World Sport A comprehensive round-up of sport from around the globe. (HD)

6.00 NHRA Drag Racing Action from NHRA Drag Racing. (HD)

8.30 MLB Action from the inter-league contest between Los Angeles Dodgers and Boston Red Sox held at Dodger Stadium. (HD)

11.30 College Football Live The latest news and action from college football. (HD)

12.00m't LIVE MLB: Miami Marlins v San Francisco Giants: Coverage from AT&T Park. Start-time is at 12.10. (HD) **3.00am** Premier Boxing Champions (HD) **5.00-6.00am LIVE** Baseball Tonight: Your one-stop shop for MLB news. (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00-10.00am Ligue 1 – Games of the Season (HD) **10.00** Vanarama National League Highlights (HD) **10.30** Pre-Season Football (HD) **12.00noon** Sport in Focus: Farewell Boleyn (HD) **12.45pm** Last Week, This Week (HD) **1.00** Aviva Premiership Rugby (HD)

1.30 Vanarama National League Maidstone United v York City. (HD)

3.00 Pre-Season Football Action from West Ham United v Juventus. (HD)

4.30 Leicester City v Manchester United (HD)

6.00 Aston Villa v Chelsea (HD)

7.30 Ligue 1 – Games of the Season Action from Monaco v PSG. (HD)

8.30 Ligue 1 – Games of the Season Marseille v Bastia. (HD)

9.30 Ligue 1 – Games of the Season Montpellier v Monaco. (HD)

10.30 Ligue 1 – Games of the Season (HD) **11.30** Bundesliga 2 (HD) **12.30** BT Sport Films: One Day In May (HD) **2.00** Pre-Season Football (HD) **3.30** Vanarama National League Highlights (HD) **4.00-6.00am** Global Goals (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am-12.30pm The Home of Formula One

12.30pm Legends of F1 An interview with John Watson. (HD)

1.30 GP3 Racing Action from race one of the Austrian Grand Prix. (HD)

2.30 GP3 Racing Race two of the Austrian Grand Prix. (HD)

3.30 GP3 Racing Action from race one of the British Grand Prix. (HD)

4.30 GP3 Racing Action from race two of the British Grand Prix. (HD)

5.30 Architects of F1 A profile of Jo Ramirez. (HD)

6.30 Porsche Super Cup Highlights of the German Grand Prix. (HD)

6.45 Legends of F1 An interview with Nigel Mansell. (HD)

7.45 Formula 1 The German Grand Prix. (HD)

10.00 F1 Classic Races The 1986 Spanish Grand Prix. (HD)

10.45 GP2 Racing The feature race of the Spanish Grand Prix at the Circuit de Catalunya in Barcelona. (HD)

12.15am GP2 Racing (HD) **1.30-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.35pm Rowing Coverage from Lagoa Stadium. **2.50 Boxing** Coverage from Riocentro. **5.30 Canoe Slalom** Coverage from Whitewater Stadium. **8.50 Boxing** Coverage from Riocentro. **12.20am Volleyball** Russia v South Korea: Coverage of the women's competition. **2.30-4.20 Basketball** France v China: The men's Group A match.

RED BUTTON 2 1.55pm Hockey Australia v USA: The women's match. **4.25 Hockey** Canada v Argentina: Coverage of the men's Group B match. **6.15 Basketball** Serbia v Australia: Coverage of the men's Group A match. **8.00 Table Tennis** Coverage from Riocentro. **10.05 Beach Volleyball** From Beach Volleyball Arena. **12.25am Hockey** Argentina v Japan: Coverage of the women's Group B match. **2.35-4.20 Volleyball** Brazil v Argentina: Coverage of the women's game.

RED BUTTON 3 1.55pm Beach Volleyball From Beach Volleyball Arena. **4.25 Rugby Sevens** Coverage of women's games from Deodoro Stadium. **7.30-10.15 Judo** Coverage from Carioca Arena 2. **10.50-12.45 Basketball** USA v Venezuela: Coverage of the men's Group A match. **1.55-4.05am Swimming** Coverage from Olympic Aquatics Stadium.

RED BUTTON 4 2.35pm Tennis From Olympic Tennis Centre. **9.25 Rugby Sevens** Women's games from Deodoro Stadium. **12.05-3.25am Handball** Argentina v Netherlands, and Angola v Montenegro: The women's event.

RED BUTTON 5 1.55pm Judo From Carioca Arena 2. **5.00 Sailing** Coverage from Marina da Gloria. **7.45 Beach Volleyball** From Beach Volleyball Arena. **10.35pm-3.05am Tennis** Coverage from Olympic Tennis Centre.

RED BUTTON 6 1.55-7.05pm Eventing The cross country event. **7.55 Fencing** From Carioca Arena 3. **12.20am Hockey** Spain v China: The women's match. **2.00-2.45 Sailing** Coverage from Marina da Gloria.

RED BUTTON 7 1.20pm Volleyball Coverage from Maracanazinho. **3.15 Hockey** Germany v India: Coverage of the men's Group B match. **4.45 Beach Volleyball** Coverage from Beach Volleyball Arena. **7.00 Volleyball** USA v Netherlands: Coverage of the women's competition. **9.05 Volleyball** Coverage from Maracanazinho. **12.25-2.35am Table Tennis** Coverage from Riocentro.

RED BUTTON 8 7.00pm Archery Coverage from Sambodromo. **10.55 Weightlifting** From Riocentro. **1.00-4.55am Beach Volleyball** From Beach Volleyball Arena.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* Coverage from Wolverhampton, Ffos Las, Windsor and Ballinrobe.

1.30pm LIVE Racing *Racing UK* Coverage from a meeting at Ayr.

9.00pm LIVE Stateside *At The Races* Live coverage from the United States.

2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

(HD) High Definition

Tuesday

9 August

Evening Planner

TODAY AT THE OLYMPICS

Britain's three-time eventing medallist William Fox-Pitt, 47, has recovered from a fall and induced coma last year to compete at a fifth Olympics and will feature in today's jumping finale in the team eventing and individual finals alongside Kitty King, Pippa Funnell and Gemma Tattersall. In judo, Alice Schlesinger competes in the women's 63kg after switching allegiance from Israel to Britain; slalom canoeist **David Florence** seeks gold in the canoe single final; and the women's 10m platform synchro final could feature British duo Tonia Crouch and youngster Lois Toulson. In gymnastics, the US women are favourites for the all-round team gold, though Britain has a great shot at making the podium. The men's rugby sevens starts today with Team GB captained by England's Tom Mitchell.

William Fox-Pitt

David Florence

Tonight's swimming finals could include a classic in the men's 200m butterfly as Michael Phelps takes on South Africa's Olympic champion Chad Le Clos, who beat Phelps into second place in London.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	7.00 Olympics 2016...	7.30 EastEnders	8.00 Olympics 2016 – Live: Featuring the women's artistic gymnastics team final				10.00 News; Local News	
	102 BBC2	7.00 Eggheads	7.30 Olympics 2016...	8.00 Inside the Factory		9.00 An Hour to Save Your Life		10.00 Olympics 2016 – Live	
	103 ITV	7.00 Emmerdale		8.00 Endeavour				10.00 News; Local News	10.40 UEFA...
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 The Job Interview		10.00 First Dates	
	105 CHANNEL 5	7.00 Conspiracy: The Nazi King		8.00 The Dog Rescuers with Alan Davies		9.00 Celebrity Big Brother: Live Eviction		10.00 Borderline	10.30 Impractical...
	106 SKY1	7.00 The Simpsons		8.00 Stop, Search, Seize		9.00 Football's Funniest Moments		10.00 Don't Tell the Bride	
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Including diving, rugby sevens and judo							
	118 ITV2	7.00 You've Been Framed! Gold		8.00 Two and a Half Men		9.00 Mom		10.00 Celebrity Juice	
	138 MORE4	‹ 6.55 Four in a Bed		7.55 Grand Designs		9.00 Phil Spencer's Stately Homes		10.00 Obsessive Compulsive Cleaners	
	136 E4	7.00 Hollyoaks	7.30 Coach Trip...	8.00 2 Broke Girls		9.00 Tattoo Fixers on Holiday		10.00 Wasted	
	107 SKY LIVING	‹ 6.45 My Kitchen Rules: Australia		8.00 Criminal Minds					
	108 SKY ATLANTIC	7.00 Without a Trace		8.00 Blue Bloods		9.00 Ballers	9.35 Vice Principals	10.10 Dice	
	110 GOLD	7.00 Only Fools and Horses	7.40 Gavin & Stacey			9.00 Fawlty Towers	9.45 Little Britain Abroad	10.25 Fawlty Towers	
	111 DAVE	7.00 American Pickers		8.00 QI			9.20 Would I Lie to You?	10.00 Taskmaster	
	119 ITV3	‹ 6.55 Murder, She Wrote		8.00 Our Queen at 90				10.00 Without You	
	120 ITV4	7.00 Pawn Stars		8.00 Mr Bean		9.00 Benidorm		10.05 Film: Mars Attacks!	
	112 COMEDY CENTRAL	7.00 Friends		8.00 Budgies Make You Laugh Out Loud		9.00 Film: Just Go With It			
	114 SYFY	7.00 Star Trek: The Next Generation		8.00 Killjoys		9.00 Film: Rambo: First Blood Part II			
	109 W	‹ 5.50 Extreme Makeover...	7.40 Celebrity MasterChef			9.00 One Born Every Minute		10.00 EastEnders	10.40 Don't...
	113 UNIVERSAL	7.00 NCIS		8.00 Major Crimes		9.00 Film: Hard Rain			
	124 FOX	7.00 NCIS						10.00 Outcast	
	121 SKY ARTS	7.00 The Seventies		8.00 Guitar Star		9.00 Soundbreaking		10.00 Last Shop Standing	
Documentary	520 DISCOVERY	7.00 Fast N' Loud		8.00 Marooned with Ed Stafford		9.00 Deadliest Catch		10.00 Railroad Australia	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Bondi Vet		9.00 The Vet Life		10.00 Dr Dee: Alaska Vet	
	526 NAT GEO	7.00 Air Crash Investigation		8.00 Britain's Underworld				10.00 Banged Up Abroad	
	529 HISTORY	7.00 Storage Wars		8.00 Billion Dollar Wreck		9.00 Storage Wars		10.00 The Bastard Executioner	
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 Jeeves and Wooster		9.10 The Two Ronnies		10.00 Yes, Minister	
	532 EDEN	7.00 Biggest & Baddest		8.00 Wild Canada		9.00 Life in the Undergrowth		10.00 Can We Make a Star on Earth?	
Films	301 SKY PREMIERE	‹ 6.20 The Good Dinosaur		8.00 The Man from U.N.C.L.E				10.00 Sixteen	
	303 SKY HITS	‹ 5.35 Harry Potter and the Prisoner of...		8.00 Transformers					10.25 Ex Machina
	304 SKY SPIES	‹ 5.50 Ronin		8.00 Spy Game				10.10 Kingsman: The Secret Service	
	305 SKY DISNEY	7.00 The Little Mermaid			8.30 Robin Hood			10.00 Babes in Toyland	
	306 SKY FAMILY	‹ 6.20 Minions		8.00 The Nut Job			9.35 The Mask of Zorro		
	307 SKY ACTION	7.00 Collateral Damage				9.00 Mission: Impossible – Rogue Nation			
	308 SKY COMEDY	‹ 6.05 Click		8.00 Trainwreck				10.10 Ghostbusters	
	309 SKY CRIME	7.05 The Gambler				9.00 The Boy Next Door			10.35 Cape Fear
	310 SKY DRAMA	‹ 6.00 Take the Lead		8.00 The Sound of Music					
	311 SKY SCI-FI	7.00 Project Almanac				9.00 Scouts Guide to the Zombie Apocalypse			
	312 SKY SELECT	‹ 6.20 The Salvation		8.00 O Brother, Where Art Thou?				10.00 The Overnight	
	315 FILM4	‹ 6.50 Night at the Museum 2				9.00 Chef			
	317 TCM	7.05 The Command				9.00 Fire Down Below			
Sport	401 SKY SPORTS 1	7.00 Football Gold	7.30 Gillette Soccer Special					10.00 More Than a...	10.30 Great Sporting...
	402 SKY SPORTS 2	7.00 NatWest T20 Blast Cricket – Live: Coverage of the second quarter-final							
	403 SKY SPORTS 3	‹ 2.55 Test Cricket – Live: West Indies v India: The first day of the Third Test at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia							10.30 Fight Night
	404 SKY SPORTS 4	7.00 PGA Tour Golf		8.00 PGA EuroPro Tour Golf				10.00 Sky Poker – Live	
	410 EUROSPORT 1	‹ 6.20 Tennis	7.20 The Voxwomen...	7.50 Ironman	8.20 ITU Triathlon World Cup		9.25 FIA World Rallycross Championship		10.30 European Rally...
	411 EUROSPORT 2	7.05 Motorcycling: Southern 100		8.05 FIA World Touring Cars		9.10 Cycling: Giro d'Italia		10.10 Cycling: Tour de France	

‹ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101 HD 141/115 | VIR 101 HD 108 | F'VIEW 1 HD 101 | F'SAT 101 HD 106/108

6.00am Olympic Breakfast (S)(HD)

9.15 Countryside 999 Documentary. (S)(R)(HD)(AD)

10.00 Homes Under the Hammer (S)(R)(HD)(AD)

11.00 Wanted Down Under From Australia. (S)(R)(HD)(AD)

11.45 The Housing Enforcers Overcrowded properties. (S)(HD)

12.15pm Bargain Hunt From Newark. (S)(R)(HD)(AD)

1.00 BBC News (S)(HD)

1.30 Local News (S)

1.45 Olympics 2016
Rowing The men's pairs semi-finals at **1.50**, and the women's double, men's double and men's lightweight four semis throughout the afternoon.
Equestrianism The team show jumping final begins at **2.00**.
Swimming The men's 100m freestyle heats at **5.00**, the women's 200m butterfly heats at **5.26** and the men's 200m breaststroke heats at **5.48**.
Canoeing The men's C1 slalom semi-final from **5.30**. (S)(HD)

6.00 BBC News (S)(HD)

6.30 Local News (S)

7.00 Olympics 2016
Canoeing The men's C1 slalom at **7.10**.
Diving The women's 10m synchronised platform diving final at **8.00**. (S)(HD)

7.30 EastEnders (S)(HD)(AD)

8.00 Olympics 2016
Gymnastics The women's artistic gymnastics team final. (S)(HD)

10.00 BBC News (S)(HD)

10.30 Local News (S) Followed by **Lottery Update** (S)

10.45 Olympics 2016
Gymnastics The women's artistic gymnastics team final.
Equestrianism Action from the eventing team final. (S)(HD)

12.00m't Olympics 2016
Weightlifting The men's 69kg final.
Beach Volleyball Further action.
Swimming The men's 100m freestyle semi-finals at **2.00**, women's 200m freestyle at **2.13**, men's 200m butterfly finals at **2.22**, women's 200m butterfly semi-finals at **2.25**, men's 200m breaststroke semi-finals at **2.57**, women's 200m individual medley at **3.23** and men's 4x200m freestyle relay finals at **3.32**. (S)(HD)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116 HD 116/143 | VIR 107 HD 163 | F'VIEW 9 HD 106 | F'SAT 110 HD 107

1.00pm Olympics 2016
Rowing Featuring the semi-finals in the men's and women's double sculls at the Lagoa Stadium from **2.10**, as well as the men's lightweight four semi-finals at **2.50**. (S)(HD)

4.00 Olympics 2016
Hockey Action from the men's competition, with Ireland v Germany at the Olympic Hockey Centre from **4.30**.
Canoeing The men's C1 canoe slalom semi-finals get under way at **5.30** at the Whitewater Stadium.
Swimming The men's 200m breaststroke heats from **5.48**, and the men's 4x200m freestyle relay heats begin at **6.15** at the Olympic Aquatics Stadium. (S)(HD)

7.00 Olympics 2016
Diving The women's 10m synchronised platform diving final gets under way at the Maria Lenk Aquatics Centre at **8.00**.
Rugby Sevens The men's pool matches at the Deodoro Stadium.
Judo The women's -63kg and men's -81kg finals take place from **9.20** at Carioca Arena 2, with Alice Schlesinger representing Team GB in the women's event. (S)(HD)

10.00 Olympics 2016
Hockey Great Britain's men meet host nation Brazil at **10.00** at the Olympic Hockey Centre.
Handball Coverage from the Future Arena at **11.30**.
Volleyball Coverage from the Maracanazinho at **11.30**. (S)(HD)

2.00am Britain on Film: Dedicated Followers of Fashion: The fast-moving world of 1960s fashion. (S)(R) **2.30** Sounds of the Sixties (S)(R) **3.00-4.00am** Calculating Ada: The Countess of Computing (S)(SL)(R)

DID YOU KNOW?

Judo

Israeli-born Alice Schlesinger switched to Team GB in 2014. She qualifies as a British citizen through her mother, who was born in England.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 72)

BBC2

SKY 102 HD 115/141 | VIR 102 HD 162 | F'VIEW 2 HD 102 | F'SAT 102 HD 108/106

6.00am Paul Martin's Handmade Revolution (S)(R)(HD) **6.45 Homes Under the Hammer** (S)(R)(HD) **7.45 The Housing Enforcers** (S)(R)(HD) **8.15-9.15 Sign Zone: The Gift of Hearing** (S)(R)(AD) **8.45 The Hairy Builder** (S)(R)(AD) **9.15 Olympics: Rio Highlights 2016** (S)(HD)
1.00pm LIVE Olympics 2016 Hazel Irvine presents coverage featuring rowing and equestrianism. (S)(HD)
1.45 Red Rock (S)(HD)(AD) **2.30 The Edge** (S)(R)(HD) **3.15 Escape to the Country** (S)(R)(HD)(AD) **4.00 The Great Antiques Map of Britain** (S)(R)(HD) **4.30 Flog It!** (S)(R)(HD) **5.15 Pointless** Quiz show. (S)(R)(HD)
6.00 LIVE Olympics 2016 Further coverage from Rio, including the individual show jumping final and canoe slalom action. (S)(HD)

8.00 Inside the Factory

7.00 Eggheads General knowledge quiz show hosted by Jeremy Vine. (S)(HD)

7.30 LIVE Olympics 2016 The men's C1 canoe slalom final at the Whitewater Stadium. (S)(HD)

8.00 Inside the Factory 3/6. Gregg Wallace explores the production of baked beans, Cherry Healey follows a discarded can through a recycling centre, and Ruth Goodman explains the origins of tinned food. (S)(HD)(AD)
■ Repeated tomorrow

9.00 NEW SERIES An Hour to Save Your Life 1/4. Exploring the critical decisions facing doctors in the first hour of emergency care, with cases including a moped rider who collided with a lorry. (S)(HD)(AD)
■ Repeated on Thursday

10.00 LIVE Olympics 2016 Further action on day four in Rio, including men's hockey with Great Britain v Brazil at the Olympic Hockey Centre, and rugby sevens from the Deodoro Stadium. (S)(HD)

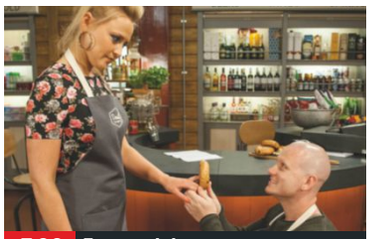
10.45 Newsnight (S)(HD)

11.15 Weather (S)(HD)
11.20 Dragons' Den 3/16. The panel assesses the profit-making potential of a fledgling fashion business, a brand of pork scratchings and a device for folding paper. (S)(R)(HD)(AD)
12.20-2.50am Sign Zone: Celebrity MasterChef Culinary competition. (S)(R)(AD) **1.50 The Somme 1916 – From Both Sides of the Wire** (S)(R)(AD)
2.50-6.00am Previews (S)(HD)

ITV1

SKY 103 HD 178 | VIRGIN 103 HD 113 | F'VIEW 3 HD 103 | F'SAT 103 HD 111

6.00am Good Morning Britain (S)(HD)
8.30 Lorraine (S)(HD)
9.25 The Jeremy Kyle Show (S)(R)(HD)
10.30 This Morning (S)(HD)
12.30pm Loose Women With *Coronation Street* actor Ian Kelsey. (S)(HD)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Judge Rinder Criminal barrister Robert Rinder takes on real-life cases in a studio courtroom. (S)(R)(HD)
3.00 Secret Dealers The experts find an eclectic collection of objects including a Victorian box at one house, while the second team uncovers a diamond ring at the other home. (S)(R)(HD)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)(HD)
5.00 Cash Trapped Quiz show. (S)(HD)
6.00 Local News (S)
6.30 ITV News (S)



7.00 Emmerdale

7.00 Emmerdale Joanie goes missing on the day of her wedding to Zak, while Lachlan lands himself in difficulty when his guilt arouses Andy's suspicions, and David reproposes to Tracy after getting his decree nisi. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

8.00 Endeavour *Sway:* A housewife found choked to death in her own home marks the third strangulation in a month. As a manhunt begins in search of a murderer targeting married women, Endeavour looks into the origin of the silk stocking used to kill the latest victim, tracing the garment to its sole supplier in the city. However, as the suspect list narrows and the culprit stalks his prey with increasing desperation, Morse and Thursday find their private lives turned upside down and miss a deeper tragedy unfolding. (S)(R)(HD)(AD)

10.00 ITV News (S)

10.30 Local News (S)

10.40 UEFA Supercup Highlights Action from Real Madrid v Sevilla, staged at Lerkendal Stadion in Trondheim, Norway. (S)(HD)

11.40 Murder, She Wrote *The Scent of Murder:* Jessica learns that her friend's rich cousin has been murdered and vows to help. (S)(R)(HD)(AD)
12.30am Jackpot247
3.00 Loose Women (S)(R)(HD)
3.50 ITV Nightscreen (HD)
5.05-6.00am The Jeremy Kyle Show Lively studio talk show. (S)(SL)(R)(HD)

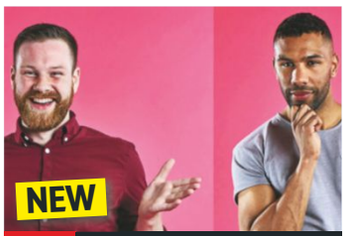
+1 hour | SKY 131 | VIRGIN 114 | FREEVIEW 33 | FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am 3rd Rock from the Sun (S)(R)(AD) **7.05 Everybody Loves Raymond** (S)(R) **8.00 Frasier** (S)(R)(AD) **9.05 The Big Bang Theory** (S)(R)(HD)(AD) **10.00-11.30 The Simpsons** Triple bill. (S)(R)(AD) **11.30 Come Dine with Me** (S)(R)(HD)
12.00noon News (S)(HD)
12.05-2.10pm Come Dine with Me From Peterborough. (S)(R)(HD)
2.10 Fifteen to One (S)(HD)
3.10 Countdown With Gyles Brandreth in Dictionary Corner. (S)(HD)
4.00 Three in a Bed Rival B&B hosts in Glastonbury, Bournemouth and Shropshire compete. (S)(R)(HD)
5.00 Couples Come Dine with Me From Merseyside. (S)(R)(HD)
6.00 The Simpsons (S)(R)(AD)
6.30 Hollyoaks Alfie and Jade's families make assumptions. (S)(HD)(AD)



10.00 First Dates

7.00 News (S)(HD)

8.00 NEW SERIES Location, Location, Location
Kirstie Allsopp and Phil Spencer help two sets of first-time buyers who are struggling in Southampton and the New Forest. (S)(HD)(AD)

9.00 The Job Interview
Following candidates as they apply for a position at an Essex car hire company, plus others hoping to land the job of press assistant at a London-based fashion PR agency. (S)(HD)(AD)
■ Repeated on Thursday

10.00 NEW SERIES First Dates
Podiatrist Felicity meets handsome city boy Jethro, who describes himself as 'marmite', while 24-year-old Irishman Damian goes on a date with part-time model Kai. (S)(HD)(AD)
■ Repeated tomorrow on 4seven

11.05 Ramsay's Hotel Hell (S)(R)(HD)(AD) **12.00m't Eden** (S)(R)(HD)(AD) **1.00am KOTV Boxing Weekly** (S) **1.25 Cardiff Triathlon** (S)(R)(HD) **1.55 Motorsport: Chateau Impney Hill Climb** (S)(R)(HD) **2.20 Gillette World Sport** (S)(R) **2.45 Mobil 1 The Grid** (S)(R) **3.15 Double Your House for Half the Money** (S)(SL)(R)(HD) **4.10 Superfoods: The Real Story** (S)(R)(HD) **4.40 Countdown** (S)(R)(HD) **5.20-6.15am Fifteen to One** (S)(R)(HD)

+1 hour SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

6.00-9.15am Milkshake!
9.15am The Wright Stuff (HD)
11.15 Cowboy Builders & Bodge Jobs From Swindon. (S)(R)(HD)
12.10pm News (S)(HD)
12.15 Celebrity Big Brother (R)(HD)
1.15 Home and Away (S)(HD)(AD)
1.45 Neighbours (S)(HD)(AD)
2.15 NCIS *Minimum Security:* 8/23. (Series 1) (S)(R)(AD)
3.10 Rosamunde Pilcher's Coming Home 2/2. Period drama with Joanna Lumley and David McCallum. (S)(R)
5.00 News (S)(HD)
5.30 Neighbours Brad is crushed by Lauren's response to his proposal. (S)(R)(HD)(AD)
6.00 Home and Away Irene fights back against Mick and tries to escape. (S)(R)(HD)(AD)
6.30 News (S)(HD)

10.00 Borderline

7.00 Conspiracy: The Nazi King
Questions regarding the loyalty of the Royal Family throughout history, including suggestions that Edward VIII and his future wife Wallis Simpson were Nazi sympathisers. (S)(R)(HD)

8.00 The Dog Rescuers with Alan Davies
8/16. An unfriendly welcome awaits Inspector Anthony Joynes when he swoops in to save four dogs from an overcrowded house, with one of the animals clearly in need of treatment. (S)(HD)

9.00 Celebrity Big Brother: Live Eviction
Emma Willis is back at the house to present the second live eviction of the series, introducing yesterday's highlights, before revealing which famous face is leaving tonight. (S)(HD)

10.00 Borderline
2/6. Two rowdy drunks from a hen party give Clive a hard time, and Grant falls for a Ukrainian. (S)(HD)

10.30 Impractical Jokers UK
2/9. The pranksters head to a shopping centre to describe their missing wife to the public. (S)(HD)

11.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the *CBB* companion show. (S)(HD)
12.05am Celebrity Big Brother: Live from the House (HD) **12.30 SuperCasino 3.10 Person of Interest** (S)(R)(HD) **4.00 Witches: A Century of Murder** (S)(SL)(R)(HD) **4.45 HouseBusters** (S)(SL)(R)(HD) **5.10-6.00am House Doctor** Double bill of the series. (S)(SL)(R)

+1 hour SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
No variations

N. IRELAND
Sky 972, Freesat 969
No variations

WALES
Sky 971, Freesat 971
No variations

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
7.00am Cyw **1.00pm** Newyddion S4C a'r Tywydd **1.05** Heno **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Cymry Rhyfel Cartref Sbaen **4.00** Awr Fawr **5.00** Stwnsh: FM **5.25** Stwnsh: Pat a Stan **5.35** Stwnsh: Arwyr 999 (AD) **6.00** Pobol y Cwm (AD) **6.25** Newyddion S4C a'r Tywydd **6.30** Ralio+ **7.00** Heno **7.30** Y Tyrchwyr gyda Iolo Williams (AD) **8.00** Pobol y Cwm (AD) **8.25** Cofio Gyda Cefin Roberts (AD) **9.00** Newyddion 9 a'r Tywydd **9.30** O'r Galon (AD) **10.00** Y Babell Lên **11.00-11.35pm** Arfordir Cymru: Llyn

Today's listings for the *BBC's Olympic Channels* are on page 72

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Dinner Date (HD) **7.10** The Ellen DeGeneres Show (HD) **8.00** Emmerdale (HD)(AD) **8.30** Coronation Street (HD)(AD) **9.30** Psych (HD) **10.20** Royal Pains (HD)
11.15 Dinner Date (HD) **12.15pm** Emmerdale (HD)(AD) **12.45** Coronation Street (HD)(AD) **1.45** The Ellen DeGeneres Show (HD) **2.35-5.50** The Jeremy Kyle Show: Triple bill. (HD) **5.50** Take Me Out (HD)

7.00 You've Been Framed! Gold Double bill. (HD)(AD)

8.00 Two and a Half Men 1&2/16. (Series 8) (HD)

9.00 Mom NEW EPISODES 19/22. Christy is determined to take her final exams. (HD) **9.30** 20/22. Christy is ecstatic about passing her finals with straight As. (Series 3) (HD)

10.00 Celebrity Juice With Sam Bailey, Alex Brooker, Joe Swash and Tom Daley. (HD)

10.50 Family Guy (HD)(AD) **11.45** American Dad! (HD)(AD) **12.45am** Two and a Half Men (HD) **1.45-2.30am** Mom (HD)

+1 hour SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am Jamie's 15 Minute Meals (HD)(AD) **9.35** A Place in the Sun: Winter Sun (HD) **10.45** Kirstie's Fill Your House for Free (HD) **11.05 FILM** The Siege at Red River: Western drama starring Van Johnson. (1954, PG, 86min) ★★★
12.55pm Time Team (HD) **3.05** A Place in the Sun: Winter Sun (HD) **5.15-7.55** Four in a Bed: Back-to-back editions. (HD)

7.55 Grand Designs A couple clash over plans for a new home in their garden. (HD)(AD)

9.00 NEW SERIES Phil Spencer's Stately Homes The property expert embarks on a tour of Britain's stately homes, beginning with Burghley House. (HD)(AD)

10.00 Obsessive Compulsive Cleaners Tidying properties in Northamptonshire and the West Midlands. (HD)

11.05 24 Hours in A&E (HD)(AD) **12.10am** Ramsay's Kitchen Nightmares USA **1.10** Phil Spencer's Stately Homes (HD)(AD) **2.15** Obsessive Compulsive Cleaners (HD) **3.25-3.35am** River Cottage Bites (HD)

+1 hour SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Supergirl (HD) **7.00** The Flash (HD) **9.00** Futurama **10.00** Ninja Warrior **11.00** NCIS: Los Angeles (HD) **12.00noon** Hawaii Five-0 (HD)
1.00pm Supergirl (HD) **2.00** The Flash (HD) **4.00** Modern Family (HD) **5.00** The Simpsons (HD) **5.30** Futurama **6.30** The Simpsons (HD)

7.00 The Simpsons *The Yellow Badge of Cowardge:* Bart betrays Milhouse during their school sports day. (HD) **7.30** *Clown in the Dumps:* Lisa becomes worried for Homer's safety. (HD)

8.00 Stop, Search, Seize NEW EDITION 3/10. Following the work of Ireland's border force officers as they fight to stop gangs of organised smugglers from bringing in drugs, guns and cars. (HD)

9.00 Football's Funniest Moments A look back at comical incidents from the world of Premier League football. (HD)(AD)

10.00 Don't Tell the Bride 3/6. A bride-to-be is hoping for a warm, cosy family wedding, but her cowboy-loving fiancé has a Wild West theme in mind. (HD)

11.00 Premier League Years (HD)(AD) **1.00am** NCIS: Los Angeles (HD) **2.00** Limitless (HD)(AD) **3.00** Arrow (HD)(AD) **4.00** Road Wars (HD) **5.00-6.00am** Ninja Warrior

+1 hour SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Hollyoaks (HD)(AD) **6.25** Coach Trip: Road to Ibiza (HD)(AD) **6.50** Melissa & Joey (HD)(AD) **7.10** How I Met Your Mother (HD)(AD) **8.05** Rules of Engagement (HD) **9.00** The Goldbergs (HD)(AD) **10.00** Baby Daddy (HD) **11.00** Charmed
1.00pm How I Met Your Mother (HD)(AD) **2.00** The Big Bang Theory (HD)(AD) **3.00** Baby Daddy (HD) **4.00** Melissa & Joey (HD)(AD) **5.00** The Goldbergs (HD)(AD) **6.00** The Big Bang Theory (HD)(AD) **7.00** Hollyoaks (HD)(AD) **7.30** Coach Trip: Road to Ibiza **NEW EDITION** (HD)(AD)

8.00 2 Broke Girls NEW EPISODES 15/22. Max has to find Randy's missing dog. (AD) **8.30** 16/22. Randy breaks up with Max. (Series 5) (AD)

9.00 Tattoo Fixers on Holiday NEW EDITION 3/8. The gang takes on Stuart, whose drunken antics led to a cheeky tattoo. (HD)(AD)

10.00 Wasted NEW EPISODE 4/6. Morpheus is chosen to be the star of the Berry Man festival. (HD)(AD)

10.35 The Inbetweeners (HD)(AD) **11.05** The Big Bang Theory (HD)(AD) **12.00m't** Gogglebox (HD) **1.05am** Rude Tube (HD) **2.05** Tattoo Fixers on Holiday (HD)(AD) **3.00** Wasted (HD)(AD) **3.25** The Inbetweeners (SL)(HD)(AD) **3.50** Angie Tribeca (HD)(AD) **4.15** Rules of Engagement (HD) **4.55-6.00am** Charmed (SL)

+1 hour SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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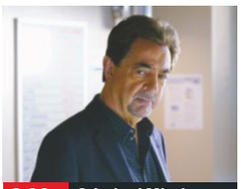
TUESDAY Entertainment

Tuesday

Sky Living
SKY 107 HD 107/221 VIRGIN 112 HD 111

6.00am UK Border Force (HD) **8.00** House Hunters International (HD) **9.00-11.00** Nothing to Declare UK (HD) **11.00** RSPCA Animal Rescue (HD) **12.00noon** The Biggest Loser: Australia **1.00pm** Million Dollar Listing: NYC (HD) **2.00** Criminal Minds (HD) **4.00** UK Border Force (HD) **5.00** Nothing to Declare **6.30** Cooks to Market (HD) **6.45** My Kitchen Rules: Australia **NEW EDITION** (HD)


8.00 Criminal Minds

7 PM **My Kitchen Rules: Australia** (started at 6.45pm)

8 PM **8.00-11.00 Criminal Minds** *Perennials:* 11/24. Two religious followers appear to have been killed by a copycat murderer. (Series 8)

9 PM **9.00** *The Caller:* 10/24. The team investigates the abduction of a 10-year-old boy. Guest stars Doug Savant and Marika Dominczyk. (HD)

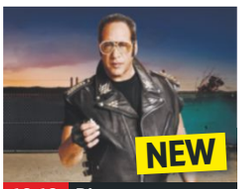
10 PM **10.00** *Bully:* 11/24. Blake teams up with her brother and father to stop a killing spree. (Series 9) (HD)

11.00 Criminal Minds **1.00am** Bones (HD) **3.00** Criminal Minds (Series 8) (HD) **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am Richard E Grant's Hotel Secrets (HD) **7.00** Urban Secrets (HD) **8.00** Cold Case (Series 5&6) (HD) **10.00** The West Wing (HD) **11.00** House (Series 1) (HD) **12.00noon** Without a Trace (Series 3) (HD) **1.00pm** Blue Bloods (Series 2) (HD) **2.00** The Petrol Age (HD) **3.00** Cold Case (HD) **5.00** The West Wing (Series 2) (HD) **6.00** House: *Paternity:* 2/22. (Series 1) (HD)



10.10 Dice

7.00 Without a Trace *Malone v Malone:* 10/23. Maria's divorce lawyer launches an attack on Jack. (Series 3) (HD)

8.00 Blue Bloods *Thanksgiving:* 8/22. Henry suffers a heart attack during the Reagans' Thanksgiving celebrations. (Series 2) (HD)

9.00 Ballers NEW EPISODE 3/10. Comedy. (Series 2) (HD)

9.35 Vice Principals NEW EPISODE 3/9. Gamby tries to impress his crush. (HD)

10.10 NEW SERIES Dice: 1&2/6. Comedy starring Andrew Dice Clay. (HD) **11.20** Whitney Cummings: I'm Your Girlfriend (HD)

12.35am Ballers (HD) **1.10** Vice Principals (HD) **1.45** The Sopranos (HD) **2.50** Veep (HD) **4.00** Richard E Grant's Hotel Secrets (HD) **5.00-6.00am** Urban Secrets (HD)

+1 hour SKY 170

GOLD
SKY 110 VIRGIN 124

7.00am Outnumbered **7.30** The Brittas Empire **8.05** My Hero **8.55-10.45** Last of the Summer Wine: Triple bill. **10.45** Creature Comforts **10.55am-12.50pm** As Time Goes By: Triple bill. **12.50pm** Outnumbered **1.30** The Brittas Empire **2.10** My Hero **2.50** Creature Comforts **3.00-4.55** Last of the Summer Wine: Triple bill. **4.55** One Foot in the Algarve: Guest stars Joan Sims and Peter Cook.

9.45 Little Britain...

7.00 Only Fools and Horses Del and Rodney agree to let Grandad go on holiday with them. **7.40 Gavin & Stacey** The happy couple return from their honeymoon, but a confession from Nessa spoils the occasion. **8.20** Gavin sets out to help Smithy accept his responsibilities.

9.00 Fawlty Towers In the first episode of the comedy, Basil tries to upgrade his clientele. **9.45 Little Britain Abroad** With guest stars Dawn French, Peter Kay and Julia Davis.

10.25 Fawlty Towers **11.10** Absolutely Fabulous **11.45** Little Britain Abroad **12.30am** The Young Ones **1.20** Cheers **1.50** Bewitched **2.20** Absolutely Fabulous **2.50** The Young Ones **3.25-4.00am** Cheers

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 VIRGIN 127 HD 194 F'VIEW 12

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Red Bull Soapbox Race (HD) **9.00** Lizard Lick Towing (HD) **10.00** American Pickers **11.00** Storage Hunters (HD) **12.00noon** Top Gear **1.00pm** American Pickers: Double bill of the series. (HD) **3.00** World's Most Dangerous Roads (HD) **4.00** Lizard Lick Towing (HD) **5.00** Red Bull Soapbox Race (HD) **6.00** Top Gear

9.20 Would I Lie to You?

7.00 American Pickers Mike Wolfe and Frank Fritz are delighted when they visit a house packed with rare collectibles. (HD)

8.00 QI Alan Davies, Jimmy Carr, Phill Jupitus and Johnny Vegas answer questions about eating. **8.40** Alan Davies, Sean Lock, Rich Hall and Bill Bailey answer questions on topics starting with E.

9.20 Would I Lie to You? With Bruno Tonioli, Adam Buxton, Kirsty Wark and Rob Beckett. (HD)

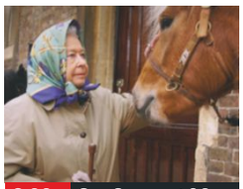
10.00 Taskmaster The comics attempt to build a tower for an egg. (HD)

11.00 Mock the Week (HD) **11.40** QI **1.00am** Would I Lie to You? (HD) **1.40** Taskmaster (HD) **2.40-4.00am** Mock the Week

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 VIR 117 HD 177 F'VIEW 10 F'SAT 115

6.00am Doctor in the House **6.25** Heartbeat **7.30** Where the Heart Is **8.30** The Royal **9.35-10.55** Judge Judy: Triple bill. (HD) **10.55** Murder, She Wrote (HD) **11.55** Love Your Garden (HD) **1.00pm** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** Rising Damp **5.15** George and Mildred **5.50** Heartbeat **6.55** Murder, She Wrote: *Death Takes a Curtain Call.* (HD)


8.00 Our Queen at 90

Murder, She Wrote (started at 6.55pm)

8.00 Our Queen at 90 Members of the royal family pay tribute to Elizabeth II, and politicians, celebrities and ordinary people from all over the world talk about their experiences of meeting her. (HD)

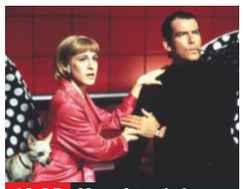
10.00 Without You 2/3. Ellie helps out at the events company Milena Livingstone ran and discovers startling facts that take her from elation to despair and terror. (HD)

11.00 Wire in the Blood (Series 3) **12.35-2.25am** Inspector Morse (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 VIR 118 HD 178 F'VIEW 24 F'SAT 117

6.00am Magnum, PI (HD) **6.50** Gunsmoke **7.45** The Sweeney **8.45** Ironside **9.50** Quincy ME (HD) **10.50** Magnum, PI (HD) **11.55** Gunsmoke **1.00pm** The Chase (HD) **2.00** Storage Wars: Double bill. (HD) **2.55** The Sweeney **4.00** Quincy ME (HD) **5.00** Ironside: *A Bullet for Mark:* Mark is shot by a hitman. **6.00** Storage Wars: Double bill of the series. (HD)


10.05 Mars Attacks!

7.00 Pawn Stars The guys come across a sought-after item. (HD) **7.30** The guys enter negotiations over a World War One helmet. (HD)

8.00 Mr Bean The bumbling hero visits the swimming pool. (HD) **8.30** The bungling buffoon goes shopping for a new TV. (HD)

9.00 Benidorm 2/6. Brandy plays a practical joke on Martin, and Noreen comes to the conclusion her son must be gay. (Series 3)

10.05 FILM Mars Attacks! Sci-fi spoof. Includes *FYI Daily* at 11.05. (HD) (1996, 12, 106min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.15am FILM 6 Bullets: Action thriller. Includes *FYI Daily* at 1.25. (HD) (2012, 15, 109min) ★★ **2.30-2.55am** Tommy Cooper

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 VIRG 160

6.00am Animal House **7.00** The Steve Wilkos Show **8.00** Jerry Springer **9.00** Four Weddings **10.00** The Biggest Loser: Australia **11.00** Nothing to Declare **12.00noon** America's Next Top Model **1.00pm** The Biggest Loser: Australia **2.00** Four Weddings **3.00** Obese: A Year to Save My Life USA **4.00** 60 Minute Makeover **5.00** The Steve Wilkos Show **6.00** Obese: A Year to Save My Life USA **7.30-9.00** Nothing to Declare **9.00** Air Rescue **10.00** Police Force: Australia **11.00** Sexcetera **12.00m't** Most Shocking **1.00am** Eurotrash: The Sexy Bits **1.30** Red Shoe Diaries **2.00** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 VIRG 121

6.00am Stop, Search, Seize **8.00** 60 Minute Makeover **9.00** Ninja Warrior **10.00** Robot Wars Extreme **11.00** Monkey Life **12.00noon** Greggs: More Than Meats the Pie **1.00pm** Robot Wars Extreme **2.00** Ninja Warrior **3.00** Relic Hunter **4.00** Danger Dogs **5.00** Stargate SG-1 **6.00** Relic Hunter **7.00 A Town Called Eureka** *O Little Town:* 10/20. Guest stars Chris Parnell. (Series 4) **8.00 Arrow** *The Odyssey:* 14/23. Oliver suffers a gunshot wound. (Series 1) **9.00 The Flash** Double bill. **11.00** Strike Back: Vengeance **12.00m't** Hard Time **1.00am** The Flash **3.00** Ninja Warrior **4.00** Robot Wars Extreme **5.00-6.00am** Andromeda

Pick
SKY 152 VIRG 123 F'VIEW 11 F'SAT 144

6.00am 60 Minute Makeover **7.00** Most Haunted **8.00** Sixth Sense with Colin Fry **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12.00noon** Border Security: Canada's Front Line **1.00pm** 60 Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.30** Nothing to Declare **4.00** The Dog Whisperer **5.00** Monkey Business **6.00** A Town Called Eureka **7.00** Stargate SG-1 **8.00** Andromeda **9.00** A Haunting **10.00** Stalker **11.00** Brit Cops: Rapid Response **12.00m't** Police Force: Australia **1.00am** Road Wars **2.00** Most Shocking **3.00** 24 Hours Police **4.00** Motorway Patrol **4.30** Highway Patrol **5.00-6.00am** Road Wars

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 VIRG 156

7.00am Kourtney & Khloe Take Miami **8.00-11.00** Keeping Up with the Kardashians: Triple bill. **11.00** Total Divas **12.00noon** Keeping Up with the Kardashians **2.00pm** Hollywood Cycle **3.00** Keeping Up with the Kardashians **4.00** Total Divas **5.00** Keeping Up with the Kardashians **7.00** News **7.30** Botched **8.00** Keeping Up with the Kardashians **9.00** Botched **NEW EDITION** A patient seeks a new nose in time for her wedding. **10.00** Famously Single **11.00** News **11.30** Botched **12.00m't** Total Divas **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** I Am Cait **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 VIRG 126 HD 200

7.00am Diagnosis Murder **8.00** Murdoch Mysteries (HD) **10.00** Sue Thomas: F.B.Eye **11.00** Castle (HD) **12.00noon** Rizzoli & Isles (Series 2) (HD) **1.00pm** Diagnosis Murder **2.00** Sue Thomas: F.B.Eye **3.00** Murdoch Mysteries (HD) **5.00** Castle (HD) **6.00** Rizzoli & Isles (HD) **7.00 Crossing Lines** (HD) **8.00 Rosewood NEW EPISODE** *Have-Nots and Haematomas:* 3/22. A troubled young genius is accused of murder. (HD) **9.00 Castle** *Hedge Fund Homeboys:* 3/10. An 18-year-old drug dealer is killed. (Series 1) (HD) **10.00 The Closer** (HD) **11.00** Crossing Lines (HD) **12.00m't** Perception (HD) **1.00-3.40am** Ripper Street (Series 1)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 VIR 119 HD 179 F'VIEW 26 F'SAT 118

9.00am Be Beautiful (HD) **9.10** The Only Way Is Essex (HD) **10.00** Who's Doing the Dishes? (HD) **11.00** Flipping Out (HD) **12.00noon** Buying and Selling **1.00pm** Dinner Date (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City **4.00** The Real Housewives of Cheshire: Double bill. (HD) **6.00** Dinner Date (HD) **7.00** Buying and Selling (HD) **8.00** Dinner Date: Kimberley from Scotland dines with three blind dates. (HD) **9.00** The Real Housewives of Atlanta (HD) **10.00** The Real Housewives of Orange County (HD) **11.00** Bridezillas (HD) **11.55pm-12.45am** The Jeremy Kyle Show USA: Lively studio talk show.

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00am Robin of Sherwood **7.00** Always and Everyone **7.55** Upstairs, Downstairs **8.50** The Casebook of Sherlock Holmes (HD) **9.50** Heartbeat **10.55** The Grand **12.05pm** Peak Practice **1.05** Robin of Sherwood **2.15** Always and Everyone **3.20** Heartbeat **4.35** Upstairs, Downstairs **5.45** The Casebook of Sherlock Holmes (HD) **6.50** Agatha Christie's Poirot **8.00 The Durrells** 5/6. The family has an unwanted guest. (HD) **9.00 Home Fires** (HD) **10.00 The Americans** (HD) **11.00** Marcella (HD) **12.05am** Mr Selfridge (HD) **1.10** DCI Banks (HD) **3.10** Kingdom **4.05** Upstairs, Downstairs **5.00-6.00am** The Casebook of Sherlock Holmes (HD)

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central

SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle: Double bill of the series. (HD) **9.00** That '70s Show: Double bill. **10.00** Bob's Burgers (HD)
11.00am-2.00pm Friends: Back-to-back episodes. (HD) **2.00pm** Impractical Jokers: Double bill of the series. (HD)
3.00-7.00pm Friends: Back-to-back episodes, including at: **6.30** 22/25. Elizabeth sneaks away with Ross to her grandmother's cabin. (Series 6) (HD)

7.30 Friends

7.00 Friends 23/25. Chandler asks Phoebe for help. (HD) **7.30** 24/25. Chandler plans a romantic proposal. (Series 6) (HD)

8.00 Budgies Make You Laugh Out Loud Featuring the antics of budgies and other birds, from flying fails to performing parrots. (HD)

9.00 FILM Just Go With It Romantic comedy with Adam Sandler. (HD) (2011, 12, 116min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

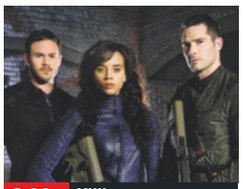
11.00 Inside Amy Schumer (HD) **11.30** Billy on the Street **NEW EDITION** (HD) **12.00m't** Impractical Jokers (HD) **12.30am** The Daily Show **NEW EDITION** (HD)
1.00 South Park (HD) **2.00** Russell Howard's Stand Up Central (HD) **2.30** Drunk History (HD) **3.00** Comedy Central at the Comedy Store (HD) **3.50-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy

SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Buffy the Vampire Slayer **8.00** Teleshopping **11.00** Star Trek: Voyager **12.00noon** Star Trek: The Next Generation
2.00pm FILM LA Apocalypse (2014, 15, 80min) ★ **4.00 FILM** The Librarian: Quest for the Spear: Fantasy adventure. (2004, PG, 90min) ★★★
6.00 Star Trek: The Next Generation: *The Host:* 23/26. Dr Crusher falls hopelessly in love. (Series 4)



8.00 Killjoys

7.00 Star Trek: The Next Generation *The Mind's Eye:* 24/26. Geordi becomes a ruthless killing machine. (Series 4)

8.00 Killjoys NEW EPISODE *Wild, Wild Westerley:* 2/10. The team hunts escaped convicts in Old Town's ruins. (Series 2)

9.00 FILM Rambo: First Blood Part II Action sequel starring Sylvester Stallone. Vietnam veteran John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Killjoys **12.00m't** Fact or Faked: Paranormal Files **1.00am** Star Trek: Voyager **2.00** Star Trek: The Next Generation **4.00-6.00am** Quantum Leap (Series 2)

+1 hour SKY 194 VIRGIN 136

W

SKY 109 HD 109/245 VIRGIN 125 HD 191

6.00am Dynamo: Top Ten Greatest Moments **6.10** MasterChef Australia: The Professionals (HD)
7.10 Extreme Makeover: Home Edition **9.00** My Dream Home (HD) **10.00** The Bill **11.00** Tipping Point (HD) **1.00pm** Judge Faith **NEW EDITIONS** Double bill. (HD)
2.00 Extreme Makeover: Home Edition **3.50** My Dream Home (HD) **4.50** Tipping Point (HD) **5.50** Extreme Makeover: Home Edition

1.00 Judge Faith

7.40 Celebrity MasterChef With Kiki Dee, Charley Boorman, Jason Connery, Christopher Biggins and Tina Hobley. (HD)

9.00 One Born Every Minute A couple who both had difficult early lives try to prove they will be good parents. (HD)

10.00 EastEnders As shown on BBC1. (HD)

10.40 Don't Tell the Bride A tattoo artist plans his wedding.

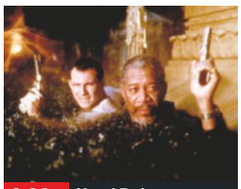
11.40 Russell Howard's Good News (HD) **12.40am** EastEnders (HD) **1.10-3.00am** Atlantis (HD)

+1 hour SKY 213 VIRGIN 131

Universal

SKY 113 HD 113/204 VIRGIN 137

6.00am CSI: Miami (Series 2) (HD) **7.00** Teleshopping **8.00** CSI: Miami (Series 2) (HD)
10.00am-2.00pm Law & Order: Back-to-back episodes. (Series 18) (HD)
2.00-7.00pm NCIS: Back-to-back episodes, including at: **5.00** *Recoil:* 16/19. Ziva gets involved with a murder suspect. (HD) **6.00** *About Face:* 17/19. Two bodies are found at a building site on a navy base. (Series 5) (HD)



9.00 Hard Rain

7.00 NCIS *Judgement Day – Part One:* 18/19. The team is put in danger while hunting for the killer of a former NCIS agent. (Series 5) (HD)

8.00 Major Crimes *Open Line:* 3/23. The squad investigates after a supermodel is found dead. (Series 4) (HD)

9.00 FILM Hard Rain Action thriller starring Morgan Freeman, Christian Slater and Minnie Driver. The driver of an armoured car tries to evade a gang of thieves in a flooded Indiana town. (HD) (1997, 15, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00pm-2.00am Law & Order: Special Victims Unit (Series 12) (HD) **2.00am** Major Crimes (HD) **3.00** Numb3rs (HD) **5.00-6.00am** CSI: Miami (HD)

+1 hour SKY 150 VIRGIN 138

FOX

SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Law & Order: Criminal Intent (Series 1) (HD) **9.00** Medium (Series 2) (HD)
11.00 The Closer: Double bill. (Series 3) (HD) **1.00pm** NCIS (Series 9) (HD) **3.00** Medium (Series 2) (HD)
5.00 The Closer: *Four to Eight:* 7/15. Two Latino gang members are murdered. (HD) **6.00** *Manhunt:* 8/15. Two bodies are found bearing the hallmarks of a notorious serial killer. (Series 3) (HD)

10.00 Outcast

7.00-10.00 NCIS *Need to Know:* 17/24. The death of a chief petty officer leads the investigators to an international arms dealer. (HD)

8.00 *The Tell:* 18/24. The team again joins forces with PsyOps, this time to tackle a blackmailer. Guest stars Jamie Lee Curtis. (Series 9) (HD)

9.00 *16 Years:* 7/24. Ducky is forced to reveal he has been helping to solve crimes in his spare time. (Series 13) (HD)

10.00 Outcast NEW EPISODE *Close to Home:* 9/10. Kyle enlists Mark's help to find out where Allison has gone. (HD)

11.00 Family Guy **12.00m't** American Dad! (HD) **1.00am** Outcast (HD) **2.00-4.00** Family Guy (HD) **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts

SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Highlights **6.25** Baim Archive (HD) **7.00** Royalty Close Up (HD) **7.30** Celebrity Exposed (HD)
8.00 Tales of the Unexpected **9.00** Benvenuto Cellini (HD) **11.45** Celtic Woman: A New Journey **1.00pm** Tales of the Unexpected
2.00 Discovering: Anthony Quinn (HD) **3.00** Matthew Bourne's The Car Man (HD) **4.45** Painting the Johnsons (HD) **5.45** Monty Python: Almost the Truth (HD)

8.00 Guitar Star

7.00 The Seventies A look at the effect of shifting gender roles and the relaxing of censorship. (HD)

8.00 Guitar Star SERIES FINALE 9/9. A look back at the best moments from the competition. (HD)

9.00 Soundbreaking SERIES FINALE 8/8. A look at the development and evolution of different formats for listening to music. (HD)

10.00 Last Shop Standing Documentary examining the rise and fall of record shops in the UK. (HD)
11.00 Marvin Gaye: Greatest Hits Live **12.00m't** Guitar Star (HD) **1.00am** Metal Evolution (HD) **2.00** Dag (HD) **3.00 FILM** CSNY/Deja Vu (2008, 15, 96min) ★★★★ (HD) **4.45-6.00am** Art Blakey and the Jazz Messengers: Live in '58

Tuesday

7 PM
8 PM
9 PM
10 PM

CBS Action

SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

9.00am JAG (Series 9) **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00noon** Star Trek
1.00pm Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek (Series 1)
7.00 MacGyver *Unfinished Business:* 19/19. A female assassin targets MacGyver. (Series 4)
8.00 Star Trek: Deep Space Nine (Series 2)
9.00 NCIS *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. (Series 7)
10.00 Bad Girls 10/18. Jim and Di try to destroy each other. (Series 7)
10.50 Walker, Texas Ranger (Series 5)
11.45 NCIS **2.25am** The Streets of San Francisco **3.25** Walker, Texas Ranger **4.15-6.00am** Flashpoint (Series 3)

CBS Drama

SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12.00noon** Judge Judy **1.00pm** The Streets of San Francisco (Series 5)
2.00 The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI (Series 6) **6.00** Dr Quinn: Medicine Woman
7.00 Heir Hunters Seeking the rightful owners of unclaimed estates.
8.00-10.00 Judge Judy Back-to-back editions of real-life small-claims cases, presided over by former New York judge Judy Sheindlin.
10.00 Cheaters Hidden camera show.
11.00 Cheaters **12.00m't** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45-5.00am** The High Chaparral (Series 2)

4Seven

SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00-11.30am Come Dine with Me (HD) **11.30** Superfoods (HD) **12.00noon** The Question Jury (HD) **1.00pm** Shed of the Year (HD) **2.00** Phil: Secret Agent Down Under (HD) **3.00** Location, Location, Location (HD)
4.00 Couples Come Dine with Me (HD) **5.00** Double Your House for Half the Money (HD) **6.00** Phil: Secret Agent Down Under (HD) **7.00** Come Dine with Me (HD) **8.00** Shed of the Year (HD) **9.00** 999: What's Your Emergency? (HD) **10.00** 8 Out of 10 Cats Does Countdown (HD)
11.05 Bodyshockers: Nips, Tucks and Tattoos (HD) **12.05am** First Dates (HD) **1.05** Man Down (HD) **1.30** Peep Show (HD) **2.25** One Born: What Happened Next? (HD) **3.20** Couples Come Dine with Me (HD) **4.10-4.40am** Meet What You Eat (HD)

5USA

SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **10.00** Access **10.10 FILM** Ties That Bind: Thriller with Brian Krause. (2006, PG, 89min) ★★
12.00noon CSI: NY **1.00pm** NCIS **2.00** Person of Interest **4.00** NCIS **5.00** CSI: NY **6.00** CSI: Miami
7.00 NCIS *Leap of Faith:* 5/19. A Navy Seal is shot dead while threatening to jump from a roof. **8.00** *Chimera:* 6/19. A sailor dies in mysterious circumstances. (Series 5)
9.00 NCIS: Shoot to Kill
10.00 Law & Order: Special Victims Unit
11.00 Castle (Series 4)
11.55 CSI: NY **12.50am** CSI: Miami **1.50** CSI: NY **2.45** Rookie Blue **3.30** True Crimes: The First 72 Hours **3.55-4.00am** Access

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR

SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.25** That '70s Show **9.10 FILM** Thunderpants (2002, PG) ★★★ **11.00** That '70s Show **12.00noon** My Wife and Kids **1.00pm** Dance Moms **1.55** Access
2.00 Celebrity Big Brother **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules... **5.00** Celebrity Big Brother **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms Launch Special **8.00** Dance Moms
9.00 Body Freaks: Make Me a Perfect 10 **10.00** Wentworth Prison **NEW EPISODE 11.00** When Kids Kill **12.00m't** Baby-Faced Mums **1.00am** The Shannara Chronicles **1.55** Born to Kill? **2.50** That '70s Show **3.35-4.00am** Ridiculousness

+1 hour SKY 190 F'SAT 132

True Ent

SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie
12.00noon The Avengers **1.00pm** McBride: Tune in for Murder **3.00** Danielle Steel's The Ring **5.00** Highway to Heaven **6.00** Touched by an Angel
7.00 M*A*S*H Double bill.
8.00 The Avengers
9.00 FILM The Elizabeth Smart Story Drama about a 14-year-old girl who was kidnapped in Salt Lake City in 2002. (2003, PG, 100min) ★★
11.00 FILM No Ordinary Baby: Ethical drama. (2001, PG, 90min) ★★
1.00-3.00am FILM Sherlock Holmes: The Case of the Whitechapel Vampire: Mystery thriller. (2002, PG, 90min) ★★

Drama

SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am The Bill **8.00** Sharpe **10.00** Lovejoy **11.00** The Bill **1.00pm** Last of the Summer Wine **1.40** Brush Strokes
2.20 Birds of a Feather **3.00** Sharpe **5.00** Lovejoy **6.00** Brush Strokes **6.40** Last of the Summer Wine
7.20 Whatever Happened to the Likely Lads?
8.00 Maisie Raine *To Sleep:* 6/6. Maisie organises an operation to infiltrate a professional ring of thieves. (Series 2)
9.00 Judge John Deed *Hidden Agenda:* 5/5. A doctor is accused of murdering a seriously ill patient with a morphine overdose. (Series 1)
11.00 Birds of a Feather **11.40** The Bill **12.40am** Lovejoy **1.40** The Indian Doctor **2.35-4.00am** The Forsyte Saga

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM Everybody's Fine Comedy drama starring Robert De Niro. (2009, 12, 99min) ★★★

7.00 Grey's Anatomy *As We Know It:* 17/27. Part two of two. The 'code black' situation worsens. **8.00** *Yesterday:* 18/27. A figure from Derek and Addison's past arrives in Seattle. (Series 2)

9.00 Rectify *Drip, Drip:* 5/6. Daniel embraces God. **10.00** *Jacob's Ladder:* 6/6. Daniel confesses about the day Hanna died. (Series 1)

11.00 FILM Texas Rangers: Western. (2001, 12, 86min) ★★ **12.55am** Hollywood's Best Film Directors **1.30** Fear the Walking Dead **2.30** Breaking Bad **3.30-5.30am** Grey's Anatomy

CBS Reality

SKY 146 | VIRGIN 148 | F'VIEW 66 | F'SAT 135

9.00am Judge Judy **10.00** Unsolved Mysteries **12.00** The Super **1.00-3.00pm** Judge Judy **3.00pm** It's a Miracle with Roma Downey **5.00-7.00** Judge Judy

7.00 Medical Detectives A man descends into a life of seclusion and is later accused of killing his wife. **7.30** Investigating fatalities in a Texan hospital.

8.00 Troubled Teens: Jail Shock

9.00 Stalkers Who Kill

10.00 Snapped: Killer Couples The case of two Sunday School teachers who committed murder.

11.00 Medical Detectives **12.00m't** I Survived **1.00am** Stalkers Who Kill **2.00** Snapped: Killer Couples **3.00** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 | VIRG 201 | F'VIEW 67 | FSAT 136

Challenge

SKY 145 | VIRGIN 139 | F'VIEW 46 | F'SAT 146

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase: Double bill. **9.00** Pointless **10.00** Deal or No Deal: Double bill. **11.30** Dale's Supermarket Sweep

12.00noon Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase: Double bill. **2.00** Pointless **3.00** The Chase **4.00** The Chase USA **5.00** Total Wipeout **6.00** Robot Wars

7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong.

9.00 The Chase Quiz show hosted by Bradley Walsh.

10.00 Classic Who Wants to Be a Millionaire? Quiz.

11.00pm-1.00am Bullseye: Back-to-back editions. **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars **5.00-6.00am** Are You Smarter Than a 10 Year Old?

+1 hour SKY 164 | VIRG 180 | FSAT 147

Comedy Central Extra

SKY 128 | VIRGIN 182

9.00-11.00am Friends: Back-to-back episodes. **11.00** Two and a Half Men **12.00noon** Malcolm in the Middle **1.00pm** Impractical Jokers

2.00 The Middle **3.00** Malcolm in the Middle **4.00** Bob's Burgers **5.00** Two and a Half Men **6.00** That '70s Show

7.00 Malcolm in the Middle

8.00 Bob's Burgers

9.00 Rhod Gilbert and the Award-Winning Mince Pie The comedian tells a story about a strange encounter.

10.00 Impractical Jokers

11.00 Friends **12.00m't** Workaholics **12.30am** Bob's Burgers **1.00** Broad City **1.30** The Alternative Comedy Experience **2.00** The Daily Show **2.30** Workaholics **3.00** Impractical Jokers **3.25** Broad City **3.50** Sir Leslie Quint: A Life in Film **3.55** South Park **4.20-6.00am** The King of Queens: Four episodes.

+1 hour SKY 159

DMax

SKY 167 | VIRGIN 170

6.00am Operation Repo **7.00** Custom My Ride **8.00** Tanked **9.00** American Chopper: Senior Versus Junior: Double bill. **11.00** Misfit Garage

12.00noon Operation Repo: Double bill. **1.00pm** Trawler Wars **2.00** Mythbusters **3.00** Food Factory: Double bill. **4.00** Tanked **5.00** Gold Divers **6.00** Yukon Men

7.00 Alaska: The Last Frontier

8.00 Food Factory Double bill.

9.00 Insane Pools: Off the Deep End Building a Rocky Mountain-style lagoon.

10.00 Property Wars Double bill in which foreclosed homes are auctioned off.

11.00 Yukon Men **12.00m't** American Chopper: Senior Versus Junior **2.00am** Custom My Ride **3.00** Operation Repo **3.50** Misfit Garage **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour SKY 233 | VIRG 171

Food Network

SKY 248 | VIRGIN 291 | F'VIEW 41 | F'SAT 148

6.00am Barefoot Contessa – Back to Basics **7.00** Anna Olson: Fresh **8.00** Private Chef **9.00** The Pioneer Woman **10.00** Jenny Morris Cooks the Riviera: Double bill. **11.00** Forever Summer with Nigella **12.00noon** Jamie's 15 Minute Meals: Double bill.

1.00pm Barefoot Contessa: Double bill. **2.00** Australian Food Adventures **3.00** The Pioneer Woman **4.00** Private Chef **NEW EDITIONS 5.00** Ace of Cakes **6.00** Andy Bates Brazilian Street Feasts **7.00** Jamie's 15 Minute Meals

8.00-10.00 Diners, Drive-Ins and Dives **10.00** Restaurant: Impossible **11.00** Bizarre Foods America **NEW EDITION 12.00m't** Diners, Drive-Ins and Dives **1.00am** Restaurant: Impossible **2.00-3.00am** Diners, Drive-Ins and Dives

+1 hour SKY 250 | FSAT 149

Good Food

SKY 133 HD 133/255 | VIRG 278 HD 280

6.00am Highlights **8.30** Jamie's 30 Minute Meals (HD) **9.00** River Cottage Veg (HD) **10.00** Gordon's Great Escape **11.00** MasterChef USA (HD) **12.00noon** Hairy Bikers' Mississippi Adventure (HD) **1.00pm** Nigel Slater's Simple Suppers (HD)

1.30 Jamie's 30 Minute Meals (HD) **2.00** River Cottage Veg (HD) **3.00** Gordon's Great Escape **4.00** MasterChef USA (HD) **5.00** Hairy Bikers' Mississippi Adventure (HD) **6.00** Nigel Slater's Simple Suppers (HD) **6.30** Jamie's 30 Minute Meals (HD)

7.00 River Cottage Veg (HD) **8.00** Gordon's Great Escape **9.00** MasterChef USA (HD) **10.00** Hairy Bikers' Mississippi Adventure (HD) **11.00** Carnival Eats (HD) **12.00m't** Gordon's Great Escape **1.00am** MasterChef USA (HD) **2.00-6.00am** Highlights

+1 hour SKY 243 | VIRG 279

Home

SKY 196 | VIRGIN 281 | F'VIEW 25

7.00am Homes Under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea **12.00noon** Homes Under the Hammer

1.00pm Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00** Flog It!

7.00 Homes Under the Hammer Properties in London, Cornwall and Nottinghamshire.

8.00 DIY SOS Double bill.

9.00 A Place in the Sun: Home or Away A couple view properties in Cornwall and Madeira, Portugal.

10.00 Fantasy Homes by the Sea A property in Cumbria.

11.00 Escape to the Country **12.00m't** DIY SOS: Double bill. **1.00am** Flog It! **2.00** Homes Under the Hammer **3.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 | VIRG 282

Home & Health

SKY 240 | VIRGIN 284

6.00am Deliver Me **7.00** Quints by Surprise **8.00** Midwives **9.00** Extreme Cheapskates **10.00** Cowboy Builders **11.00** Homes Under the Hammer: Double bill.

1.00pm Extreme Cheapskates **2.00** Cowboy Builders **3.00** Homes Under the Hammer: Double bill. **5.00** Deliver Me **6.00** Midwives: Double bill.

7.00 Lottery Changed My Life A Texas lottery winner who had to go into hiding.

8.00 I Didn't Know I Was Pregnant Double bill.

9.00 Diagnose Me

10.00 Sex Sent Me to the ER Medical mishaps caused by sexual activities.

11.00 I Didn't Know I Was Pregnant **12.00m't** Monsters Inside Me **1.00am** I Didn't Know I Was Pregnant **2.00** Diagnose Me **3.00** Sex Sent Me to the ER **4.00-6.00am** Homes Under the Hammer

+1 hour SKY 241 | VIRG 285

Lifetime

SKY 156 HD 156/236 | VIRG 208 HD 209

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12.00noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD)

7.00 Judge Judy NEW EDITIONS Double bill. (HD)

8.00 Judge Judy (HD)

9.00 Neighbours with Benefits Jason storms out of a date with Ben and Dedra. (HD)

10.00 Vanderpump Rules (HD)

11.00 Atlanta Plastic (HD) **12.00m't** Neighbours with Benefits (HD) **1.00am** Vanderpump Rules (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20-6.00am** Hardcore Pawn (HD)

+1 hour SKY 197

Quest

SKY 144 | VIRG 172 | F'VIEW 37

6.00am The Great Rod Race **6.20** Total Fishing with Matt Hayes **7.10** Scrapheap Challenge **8.00-10.00** How It's Made **10.00** Wheeler Dealers: On the Road **11.00** Fifth Gear

12.00noon Aussie Gold Hunters **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: A Profile **5.00** World War Two: The Complete History **6.00** Bear Grylls: Born Survivor

7.00 Salvage Hunters

9.00 NEW SERIES Mega Shippers The daily lives of cargo ship workers.

10.00 What On Earth? NEW EDITION An unidentified cloud swamps America's skies.

11.00 Destroyed in Seconds **12.00m't** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00-6.00am** Scrapheap Challenge

+1 hour SKY 195 | VIRG 173 | F'VIEW 38

Really

SKY 155 | VIRGIN 129 | F'VIEW 17 | F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes Under the Hammer

12.00noon DIY SOS: Double bill. **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes Under the Hammer

7.00 Escape to the Country

8.00 Iceland Foods: Life in the Freezer Cabinet

9.00 Obsessive Compulsive Cleaners Following the work of a cleaning agency.

10.00 The World's Biggest Penis Exploring the reality of being well-endowed.

11.00 Cold Justice **12.00m't** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00-6.00am** The Clothes Show

Shed

SKY 242 | VIRGIN 286

6.00-8.00am Off the Hook: Extreme Catches: Back-to-back editions. **8.00** Total Fishing with Matt Hayes **9.00** The Fishing Adventurer **11.00** Mythbusters: Double bill.

1.00-3.00pm Off the Hook: Extreme Catches: Back-to-back editions. **3.00** Total Fishing with Matt Hayes **4.00** The Fishing Adventurer **6.00** Property Wars

7.00 Overhaulin' The team restores a 1968 Firebird. **8.00** Chip Foose's truck is given the ultimate facelift.

9.00 Moonshiners Tim takes a big risk and doubles production levels as the season nears its end. **10.00** Tim makes multiple illicit runs in order to clear out all his moonshine.

11.00 Manhunt **12.00m't** What Happened Next? **1.00am** Destroyed in Seconds **2.00** The Fishing Adventurer **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 | VIRGIN 193

7.00am 'Til Death: Double bill. **8.00** Soldier, Soldier: Double bill. **10.00** Saving Hope **12.00noon FILM** The Call of the Wild: Dog of the Yukon: Adventure starring Rutger Hauer. (1997, 12, 91min) ★★

1.50pm Sony Movie News Extra **2.00** Saving Hope **3.00-7.00** Celebrity Ghost Stories: Back-to-back editions.

7.00 Saving Hope (Series 3)

8.00 The Night Shift *Blood Brothers:* 7/8. TC and Topher treat the lone survivor of a plane crash. (Series 1)

9.00 Satisfaction NEW EPISODE *Through Family:* Adriana's maternal instincts kick in. (Series 2)

10.00 Younger Double bill.

11.00 Will & Grace: Double bill. **12.00m't** The Night Shift **1.00-4.00am** Celebrity Ghost Stories: Triple bill.

+1 hour SKY 181

Spike

SKY 160 | F'VIEW 31 | F'SAT 141

9.00am Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers **12.00noon** Police Interceptors: Double bill.

2.00pm FILM Men in War: Korean War drama. (1956, b/w, PG, 104min) ★★ **4.05** Robson's Extreme Fishing Challenge **5.00** Eddie Stobart: Trucks and Trailers **6.00** Police Interceptors

8.00 Robson's Extreme Fishing Challenge The actor travels to the US east coast.

9.00 Animal Fight Club A large elephant seal lashes out and penguins take each other on in slapping matches.

10.00 The X-Files *Schizogeny:* 9/20. A murderous force lurks in an orchard. (Series 5)

11.00 Can't Pay? We'll Take It Away **12.00m't** Can't Pay? We'll Take It Away! Christmas Special **1.00am** Framework **NEW EDITION 2.00-3.00am** Bar Rescue

TLC

SKY 125 HD 125/234 | VIRG 167 HD 168

6.00am Highlights **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **NEW EDITION 11.00** Hoarding: Buried Alive (HD) **12.00noon** Extreme Cheapskates (HD) **1.00pm** Little People, Big World

2.00 Cake Boss: The Next Great Baker (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00-8.00** Say Yes to the Dress (HD) **8.00** Gypsy Brides US (HD) **9.00** My Giant Life **NEW EDITION** (HD)

10.00 NEW SERIES Bible Bowl (HD) **11.00** Sex Sent Me to the ER (HD) **12.00m't** Gypsy Brides US (HD) **1.00am** My Giant Life (HD) **2.00** Bible Bowl (HD) **3.00** Extreme Cheapskates (HD) **4.00** Cake Boss: The Next Great Baker (HD) **5.00-6.00am** Something Borrowed, Something New

+1 hour SKY 154 | VIRG 169

TruTV

SKY 198 | VIRGIN 212 | F'VIEW 68 | F'SAT 154

6.00-9.00am Psychic Detectives: Back-to-back editions. **9.00am-6.00pm** Murder Detectives: Solved by CCTV: Back-to-back editions. **6.00pm** Murder Detectives: Solved by CCTV

7.00 Murder Detectives: Solved by CCTV The death of 16-year-old Skylar Neese.

8.00 America's Got Talent NEW EDITIONS Simon Cowell, Howie Mandel, Mel B and Heidi Klum are joined by George Lopez as the Judge Cuts continue, choosing who they want to stay on the show. **10.00** The final round of Judge Cuts, with guest Louis Tomlinson of One Direction.

12.00m't Passport to Murder **1.00-2.15am** Psychic Detectives **2.15** The People's Court **3.00-4.10** Hot Bench: Triple bill. **4.10** Masterminds **5.00-6.00am** Crime Stories

+1 hour SKY 271

YourTV

SKY 199 | F'VIEW 72 | F'SAT 157

9.00am Serial Swindlers: Double bill. **10.00** Murder She Solved: Double bill.

12.00noon-2.00pm Corrupt Crimes: Back-to-back editions. **2.00pm** Crimes of the Rich and Famous: Double bill. **4.00** Deadly Doctors: Celebrity Case Files **5.00** Hollywood and Crime **6.00** Snapped: Killer Couples

7.00-10.00 Snapped: Women Who Kill The story of former model Marni Yang. **8.00** Dalia Dippolito, who paid a hitman to kill her husband and was caught on tape plotting his death. **9.00** The case of Susan Grund, whose husband was found dead on his sofa.

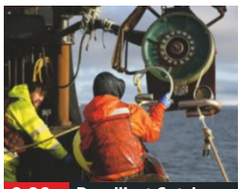
10.00 Snapped: Killer Couples Featuring couples whose passion drives them to commit terrible criminal acts.

11.00pm-3.00am Snapped: Killer Couples: Back-to-back editions of the series.

Discovery

SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper: Double bill. (HD) **9.00** Fast N' Loud: Double bill of editions. (HD) **11.00** Wheeler Dealers (HD)
1.00pm Misfit Garage (HD) **2.00** Gold Rush (HD) **3.00** Bear Grylls: Born Survivor (HD) **4.00** Mythbusters (HD) **5.00** Wheeler Dealers (HD)
6.00 Fast N' Loud: Part two of two. Engine issues plague the boys' 1968 Shelby. (HD)



9.00 Deadliest Catch

7.00 Fast N' Loud Richard and Aaron have just six days to build a 1977 Trans Am and get the vehicle to New Orleans. (HD)

8.00 Marooned with Ed Stafford Ed tackles the dangers of Botswana's Okavango Delta in southern Africa. (HD)

9.00 Deadliest Catch NEW EDITION Sig fights for survival following a massive heart attack, and Bill discovers his son has a dark secret. (HD)

10.00 Railroad Australia **NEW EDITION** A major rail line is closed for repairs, causing costly delays. (HD) **11.00** Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD)
1.00am Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Deadliest Catch (HD) **3.50** Railroad Australia (HD) **4.40-6.00am** How It's Made: Triple bill. (HD)

+1 hour SKY 521 VIRGIN 252

Animal Planet

SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo: Double bill. (HD)
10.00 Too Cute! (HD) **11.00** Insane Pools: Off the Deep End (HD) **12.00noon** Treehouse Masters (HD)
1.00pm Animal Cops Phoenix: Double bill. **3.00** From Wags to Riches: Double bill. (HD) **5.00** Animal Cops Detroit **6.00** Flying Wild Alaska (HD)

8.00 Bondi Vet

7.00 Tanked Boston Red Sox star Shane Victorino asks the brothers-in-law to build a Hawaiian themed tank. (HD)

8.00 Bondi Vet NEW EDITION Chris treats a deadly patient – a king brown snake that has bitten its own tail. (HD)

9.00 The Vet Life NEW EDITION Dr Blue and Dr Ross treat a kid goat and Dr Lavigne tends to a pup with an obstruction in his intestines. (HD)

10.00 Dr Dee: Alaska Vet: Dr Dee investigates a possible neurological problem in her own dog. (HD) **11.00** Bondi Vet (HD) **12.00m't** Tanked (HD) **1.00am** Bondi Vet (HD)
2.00 The Vet Life (HD) **3.00** Dr Dee: Alaska Vet (HD) **3.50** Deadliest Catch **4.40** Whale Wars (HD) **5.30-6.00am** Snow Leopards of Leafy London (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic

SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am Nazi Megastructures **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD)
12.00noon Wicked Tuna (HD) **1.00** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00pm** Air Crash Investigation: Double bill. (HD)
5.00 Car SOS: Fuzz and Tim repair a Golf GTI. (HD) **6.00** Supercars: A look at the factory that produces the Nissan GT-R. (HD)

6.00 Supercars

7.00 Air Crash Investigation A flight that came close to disaster when the pilot was almost sucked out of the cockpit windscreen.

8.00 Britain's Underworld The life of Liverpool's Curtis 'Cocky' Warren, examining the way he made his money in drugs. (HD)

9.00 The notorious crime bosses who terrorised Manchester over five decades and the power struggles that have taken place. (HD)

10.00 Banged Up Abroad Two surfers tunnel their way out of a Mexican prison. (HD)

11.00 Air Crash Investigation (HD) **12.00m't** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00-5.00am** Restoration Garage: Triple bill. (HD)

+1 hour SKY 527 VIRGIN 267

History

SKY 529 HD 529/545 VIRGIN 270

8.00am Pawn Stars: Double bill of the series. (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD)
12.00noon Storage Wars: Double bill. (HD) **1.00-3.00pm** Pawn Stars: Back-to-back editions. (HD)
3.00 Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00** American Pickers: Frank saves a vintage muscle car from a rusty end. (HD)

10.00 The Bastard...

7.00 Storage Wars The buyers try their luck at auctions in Lancaster. (HD) **7.30** Dave threatens to dampen high spirits at a morning auction. (HD)

8.00 Billion Dollar Wreck Martin attempts to prove the existence of the sunken treasure. (HD)

9.00 Storage Wars NEW EDITION A night-time auction at Huntington Beach. (HD) **9.30** Dave drives Darrell to breaking point. (HD)

10.00 The Bastard Executioner **NEW EPISODE** *Pilot – Part Two:* Wilkin vows vengeance on Baron Ventris. *See feature, page14* (HD) **11.15pm-12.45am** Storage Wars: Triple bill. (HD) **12.45am** The Bastard Executioner (HD)
2.00 Storage Wars: Double bill. (HD) **3.00** Pawn Stars (HD) **4.00-5.00am** American Pickers (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday

SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Great British Railway Journeys **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets
11.00 Impossible Engineering **12.00noon** Great British Railway Journeys **1.00pm** The World at War **2.00** Monarchy by David Starkey
3.00 Museum Secrets **4.00** Impossible Engineering **5.00** Great British Railway Journeys **6.00** The World at War

7.00 Monarchy by...

7.00 Monarchy by David Starkey The historian examines the reigns of Henry VIII's three children, Edward VI, Mary I and Elizabeth I.

8.00 Jeeves and Wooster *Lady Florence Craye Arrives in New York:* Bertie is delighted to hear both Madeline Bassett and Lady Florence Craye are engaged.

9.10 The Two Ronnies Vintage comedy, including the Cockney Rhyming Song Sermon.

10.00 Yes, Minister A conflict of interests arises at the Ministry of Administrative Affairs.

10.40 Yes, Minister **11.20** 'Allo 'Allo! **11.55** Museum Secrets **12.55am** Great British Ghosts **1.25** The World at War **2.25-3.00am** Great British Ghosts

+1 hour SKY 538 VIRGIN 246

Eden

SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am Life in the Undergrowth **10.00** Can We Make a Star on Earth? **11.00** Wild Colombia with Nigel Marven (HD) **12.00noon** Wild Britain with Ray Mears (HD) **1.00pm** Biggest & Baddest (HD)
2.00 Wild Canada (HD) **3.00** Life in the Undergrowth: As shown at 9.00pm. **4.00** Can We Make a Star on Earth?
5.00 Wild Colombia with Nigel Marven (HD) **6.00** Wild Britain with Ray Mears (HD)

8.00 Wild Canada

7.00 Biggest & Baddest Niall McCann joins python hunters in Florida to find some escaped snakes. (HD)

8.00 Wild Canada A look at the Pacific temperate forests and the snow-dusted peaks of the Rocky Mountains. (HD)

9.00 Life in the Undergrowth David Attenborough tells the tale of winged insects.

10.00 Can We Make a Star on Earth? **11.00** Extreme Fishing with Robson Green **12.00m't** Wild Colombia with Nigel Marven (HD) **1.00am** Wild Britain with Ray Mears (HD)
2.00 Biggest & Baddest (HD) **3.00** Wild Canada (HD) **3.50** Life in the Undergrowth **4.40** Can We Make a Star on Earth? **5.30-6.00am** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Tuesday

7 PM

8 PM

9 PM

10 PM

Disc. History

SKY 535 VIRG 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters **10.00** Battlefield **12.00noon** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters **3.00** Industrial Revelations
4.00 Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction **6.00** Greatest Tank Battles **7.00** Treasure Quest **8.00** War Digs with Harry Harris **9.00** Al Murray's Road to Berlin
10.00 Heroes of Hell Island: The Men Who Saved Malta **11.00** Hitler: Germany's Fatal Attraction **12.00m't** Battlefield: Double bill. **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00-6.00am** Weapon Masters: Double bill.

+1 hour SKY 536 VIRG 263

Disc. Science

SKY 525 VIRG 259

6.00am Strip the City: Double bill. **8.00** Rory McGrath's Best of British Engineering **9.00-11.00** Food Factory USA
11.00 How It's Made **12.00noon** How Do They Do It? **1.00pm** Alien Encounters **2.00** Extreme Engineering **3.00** Salvage Squad **4.00** Scrapheap Challenge **5.00-7.00** How Do They Do It? **7.00** Food Factory USA **8.00** How Do They Do It?
9.00 Food Factory USA **10.00pm-12.00m't** How It's Made **12.00m't** Nasa's Unexplained Files **1.00am** Finding Bigfoot **2.00** Ghost Asylum **3.00** Mythbusters **3.50** How It's Made: Double bill. **4.40** How Stuff's Made: Double bill. **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild

SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Cesar to the Rescue **NEW EDITION** (HD) **9.00am-3.00pm** Animal Fight Club (HD)
3.00pm Destination Colombia **NEW EDITION** (HD) **4.00** Jaguar v Caiman (HD) **5.00** Ultimate Animal Countdown (HD)
7.00 Cougar vs Wolf Boone Smith, a cougar expert, investigates the warring creatures. (HD)
8.00 Monster Fish Exploring large and elusive fish. (HD)
9.00 Wild Scotland A huge storm hits the Hebridean islands. (HD)
10.00 Croc Inside Out An insight into the Nile crocodile. (HD)
11.00 Crocodile Ganglands (HD) **12.00m't** Crocodile King (HD) **1.00am** Monster Croc Hunt (HD) **2.00-5.00am** Animal Fight Club: Triple bill. (HD)

Turbo

SKY 524 VIRG 261

6.00am Fast N' Loud **7.00** Misfit Garage **8.00** What's My Car Worth? Double bill. **9.00** Wheeler Dealers **10.00** Chasing Classic Cars **11.00** Salvage Squad **12.00noon** Fifth Gear
1.00pm What's My Car Worth? Double bill. **2.00** Bitchin' Rides **3.00** Fast N' Loud: Double bill. **5.00** Fifth Gear **6.00** Wheeler Dealers **8.00** What's My Car Worth? **SERIES FINALE 8.30** What's My Car Worth? **9.00** Wheeler Dealers
11.00 How It's Made: Dream Cars: Double bill. **12.00m't** What's My Car Worth? Double bill. **1.00am** Chasing Classic Cars: Double bill. **2.00** Extreme Car Hoarders **3.00** Overhaulin': Double bill. **4.40** Extreme Car Hoarders **5.30-6.00am** Wheeler Dealers

PBS America

SKY 534 VIRG 276 FREESAT 156

6.00am Highlights **10.15** 1,000 Days of Fear: The Deadly Race at Los Alamos **11.20** Race for the Superbomb **12.35pm** Ebola: Death in a Village **1.50** Britain's Lost Routes with Griff Rhys Jones **3.00** 1,000 Days of Fear: The Deadly Race at Los Alamos
4.10 Race for the Superbomb **5.25** Ebola: Death in a Village **6.35** Britain's Lost Routes with Griff Rhys Jones **7.55** Time Team America **9.00** 1,000 Days of Fear: The Deadly Race at Los Alamos **10.15** Race for the Superbomb **11.20** Time Team America
12.30am 1,000 Days of Fear: The Deadly Race at Los Alamos **1.35** Race for the Superbomb **2.30** The Road from Christ to Constantine **3.30** Britain's Lost Routes with Griff Rhys Jones **4.35** The Road from Christ to Constantine **5.35-6.00am** Hell on Hooves

CI

SKY 553 HD 553/555 VIRG 275

6.00am Motives & Murders (HD) **7.00** Homicide Hunter (HD) **8.00** The First 48 (HD) **9.00am-1.00pm** Crimes That Shook Britain (HD) **1.00pm** Unusual Suspects (HD) **2.00** On the Case with Paula Zahn (HD)
3.00 Homicide Hunter (HD) **4.00-8.00** A Town & Country Murder (HD) **8.00** On the Case with Paula Zahn (HD) **9.00** Wives with Knives (HD) **10.00** Dangerous Persuasions (HD) **11.00** The First 48 **NEW EDITION** (HD)
12.00m't The Real SVU (HD) **1.00am** Wives with Knives (HD) **2.00** Unusual Suspects (HD) **3.00** Mobsters (HD) **4.00** Teleshopping **5.00-6.00am** On the Case with Paula Zahn (HD)

+1 hour SKY 554

H2

SKY 531 VIRG 273

8.00am 10 Things You Don't Know About **9.00** Dogfights **10.00** Combat Trains **11.00** Defenders of the Sky **12.00noon** 10 Things You Don't Know About **1.00pm** Dogfights **2.00** Combat Trains
3.00 Mud Men **4.00** A History of Britain by Simon Schama **5.00** Weapons at War **6.00** Combat Trains **7.00** In Search of Aliens **8.00** Ancient Aliens **9.00** Alien Files: Unsealed **NEW EDITIONS** Biological life's relationship to alien artificial intelligence. **9.30** Mankind's proximity to First Contact.
10.00 Ancient Aliens **11.00** 1,000 Ways to Die **12.00m't** The Universe: Ancient Mysteries Solved **1.00am** Alien Files: Unsealed **2.00** Ancient Aliens **3.00** In Search of Aliens **4.00-5.00am** The Universe: Ancient Mysteries Solved

TUESDAY Films

Tuesday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am Narcopolis 7.45 Bad Blood 9.20 PREMIERE Sixteen 10.50 The Good Dinosaur 12.25pm Hyena Road Military drama. (S) (2015, 15, 120min) ★★ **2.35 The Man from U.N.C.L.E** As 8.00pm.
4.35 The Perfect Guy Thriller starring Sanaa Lathan. (S) (2015, 15, 98min) ★★ **6.20 The Good Dinosaur** Pixar animated adventure with the voices of Raymond Ochoa and Jack Bright. (S) (2015, PG, 97min) ★★★★

10.00 Sixteen

8 PM **8.00 The Man from U.N.C.L.E** Spy adventure based on the 1960s TV series, starring Henry Cavill and Armie Hammer. A CIA agent is forced into an uneasy alliance with his arch-rival in the KGB to defeat a criminal organisation. (S) (2015, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

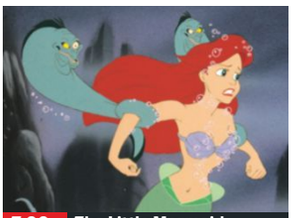
10 PM **10.00 PREMIERE Sixteen** Thriller starring Roger Jean Nsengiyumva and Rachael Stirling. (S) (2013, 15, 80min) ★★★ *See review, page 21*
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM
11.30 The Perfect Guy As 4.35pm.
1.15am Infini Sci-fi thriller starring Daniel MacPherson and Grace Huang. (2015, 15, 106min) ★★
3.15 Narcopolis Sci-fi thriller starring Elliot Cowan and Jonathan Pryce. (S) (2015, 15, 96min) ★★
5.00 Ghostbusters: Special
5.30-6.00am Finding Pixar

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.25am The Emperor's New Groove 7.55 A Bug's Life 9.35 Inside Out 11.15 A Goofy Movie 12.40pm The Little Mermaid 2.10 The Jungle Book Animated adventure. (S) (1967, U, 78min) ★★★★★ **3.35 A Bug's Life** Animated adventure. (S) (1998, U, 94min) ★★★★★
5.20 Inside Out Animated fantasy. (S) (2015, U, 102min) ★★★★ **7.00 The Little Mermaid** Animated musical. (S) (1989, U, 87min) ★★★★★


7.00 The Little Mermaid

8.30 Robin Hood Disney feature cartoon with animals enacting the Sherwood Forest legend of Robin Hood. Featuring the voices of Peter Ustinov and Terry-Thomas. (S) (1973, U, 80min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Babes in Toyland Disney musical fantasy starring Ray Bolger and Tommy Sands. (S) (1961, U, 105min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 Escape to Witch Mountain Disney sci-fi adventure starring Kim Richards. (1974, U, 96min) ★★★★
1.45am Aladdin and the King of Thieves Animated adventure featuring the voice of Robin Williams. (S) (1996, U, 80min) ★★★
3.20 Mulan II Animated sequel. (S) (2004, U, 75min) ★★★
4.50-6.30am Confessions of a Teenage Drama Queen Teen comedy. (S) (2004, PG, 90min) ★★

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.00am Scooby-Doo 2: Monsters Unleashed 7.35 Ghosthunters on Icy Trails 9.20 The Book of Life 11.05 Minions As 6.20pm. **12.45pm The Nut Job** As 8.00pm. **2.20 The Mask of Zorro** As 9.35pm.
4.40 The Book of Life Animated adventure with the voice of Diego Luna. (S) (2014, U, 91min) ★★★★ **6.20 Minions** Animated comedy with the voice of Sandra Bullock. (S) (2015, U, 91min) ★★★★

6.20 Minions

8.00 The Nut Job Animated comedy with the voice of Will Arnett. A squirrel plans to break into a nut shop and gather enough food to sustain him through the winter. (S) (2014, U, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 The Mask of Zorro Epic swashbuckling adventure starring Antonio Banderas and Anthony Hopkins. The legendary hero searches for a successor and finds him in the shape of a young bandit. (S) (1998, PG, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't Ghosthunters on Icy Trails Family adventure starring Anke Engelke. (2015, PG, 99min) ★★
1.45am Father of the Bride Comedy. (S) (1991, PG, 105min) ★★
3.40 Father of the Bride Part II Comedy sequel starring Steve Martin. (S) (1995, PG, 106min) ★★
5.30 Cinderella Special
5.45-6.00am Minions: Sky Movies Special A look at the animation.

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.00am Collateral Damage 7.55 The Goonies 9.55 Jaws 3 11.45 Mission: Impossible – Rogue Nation 2.05pm Godzilla Adventure remake starring Matthew Broderick. (S) (1998, PG, 139min) ★★★
4.35 American Sniper Biopic starring Bradley Cooper. (S) (2014, 15, 132min) ★★★★ **7.00 Collateral Damage** Action thriller starring Arnold Schwarzenegger and Cliff Curtis. (S) (2002, 15, 109min) ★

7.00 Collateral Damage

Collateral Damage (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Rogue Nation Spy thriller sequel starring Tom Cruise and Rebecca Ferguson. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 The Fast and the Furious Action thriller starring Vin Diesel and Paul Walker. (S) (2001, 15, 107min) ★★★
1.05am Sword of Vengeance Action adventure starring Stanley Weber. (2014, 15, 83min) ★★
2.35 Underworld: Evolution Action horror fantasy sequel starring Kate Beckinsale. (2005, 18, 106min) ★★
4.25-6.30am Superman III Fantasy adventure starring Christopher Reeve. (S) (1983, PG, 123min) ★★★

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

6.30am The Top Ten Show 2016 6.45 Tenacious D in The Pick of Destiny 8.30 Rushmore 10.10 Valentine's Day 12.20pm Get Smart Spy comedy starring Steve Carell. (S) (2008, 12, 109min) ★★★ **2.15 Trainwreck** As 8.00pm.
4.25 Big Daddy Comedy starring Adam Sandler. (S) (1999, 12, 95min) ★★★ **6.05 Click** Fantasy comedy starring Adam Sandler and Sean Astin. (S) (2006, 12, 103min) ★★★

10.10 Ghostbusters

8.00 Trainwreck Comedy starring Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy does not work has second thoughts when she falls for an interviewee. (S) (2015, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Ghostbusters Blockbuster spooky comedy starring Bill Murray, Dan Aykroyd, Harold Ramis and Sigourney Weaver. (S) (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't Gremlins Comedy horror fantasy starring Zach Galligan. (S) (1984, 12, 106min) ★★★★
1.50am Gremlins 2: The New Batch Horror comedy fantasy sequel. (S) (1990, 12, 107min) ★★★
3.45 Lake Placid Horror comedy. (S) (1999, 15, 82min) ★★★★
5.15-7.10am Curse of the Pink Panther Comedy starring Ted Wass. (1983, PG, 109min) ★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

7.05am Paul Blart: Mall Cop 2 8.50 Kill the Messenger 10.50 Far from the Madding Crowd 12.50pm Ex Machina As 10.25pm.
2.50 Harry Potter and the Chamber of Secrets Fantasy. (S) (2002, PG, 161min) ★★★★ **5.35 Harry Potter and the Prisoner of Azkaban** Fantasy. (S) (2004, PG, 142min) ★★★★★

8.00 Transformers Sci-fi action adventure starring Shia LaBeouf and Megan Fox. (S) (2007, 12, 143min) ★★★★
10.25 Ex Machina Sci-fi drama starring Domhnall Gleeson and Oscar Isaac. (S) (2015, 15, 106min) ★★★★
12.20am The Hangover Dark comedy starring Bradley Cooper and Ed Helms. (S) (2009, 15, 99min) ★★★★
2.10 Kill the Messenger Fact-based drama with Ray Liotta. (S) (2014, 15, 108min) ★★★
4.10-6.00am Paul Blart: Mall Cop 2 Comedy with Kevin James and Raini Rodriguez. (S) (2015, PG, 92min) ★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am Ant-Man: Behind the Scenes 6.30 Three Days of the Condor 8.40 Ronin 10.55 Spy Game
1.15pm Kingsman: The Secret Service As 10.10pm. **3.30 The Hunt for Red October** Thriller with Sean Connery. (S) (1990, PG, 135min) ★★★★ **5.50 Ronin** Action thriller with Robert De Niro. (1998, 15, 121min) ★★★

8.00 Spy Game Espionage thriller starring Robert Redford and Brad Pitt. (S) (2001, 15, 126min) ★★★★
10.10 Kingsman: The Secret Service Action comedy starring Colin Firth. (S) (2015, 15, 128min) ★★★★
12.25am Three Days of the Condor Conspiracy thriller starring Robert Redford. (S) (1975, 15, 118min) ★★★★
2.30 The Hunt for Red October As 3.30pm.
5.00 Mad Max: Fury Road Special Behind the scenes.
5.20 The Top Ten Show 2016
5.40-6.00am Avengers: Age of Ultron Special

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

6.10am Hollywood's Best Film Directors 6.50 Kung Fu 9.00 Knights of the Round Table 11.15 The Bounty Hunter 12.50pm Kung Fu
3.00 Carson City Western starring Randolph Scott. (1952, U, 87min) ★★★ **4.45 King Richard and the Crusaders** Historical adventure with Rex Harrison. (1954, PG, 114min) ★★★

7.05 The Command Western starring Guy Madison. (1954, PG, 94min) ★★
9.00 Fire Down Below Action thriller starring Steven Seagal. (1997, 18, 101min) ★
11.05 Hard to Kill Thriller starring Steven Seagal. (1990, 18, 92min) ★★★
1.00am The Crying Game Thriller starring Stephen Rea. (1992, 18, 108min) ★★★★
3.15 Conspiracy Theory with Jesse Ventura
5.00-6.40am The Command Western with Guy Madison. (1954, PG, 94min) ★★

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Space Warriors 11.00 Gentle Ben – Black Gold 12.50pm Sony Movie News Extra 1.00 The Call of the Wild: Dog of the Yukon
2.50 Sony Movie News Extra 3.00 The Seventh Coin 4.45 The Ballad of Lucy Whipple Western. (2001, PG, 82min) ★★ **6.35 Legends of the Fall** Period drama. (1994, 15, 133min) ★★★

9.00 Resident Evil: Apocalypse Sci-fi horror sequel starring Milla Jovovich. (2004, 15, 94min) ★★★
10.50 Resident Evil: Extinction Sci-fi horror sequel starring Milla Jovovich. (2007, 15, 90min) ★★
12.45am The Numbers Station Espionage thriller. (2013, 15, 85min) ★★★
2.35 Sony Movie News Extra
2.45 Battle of the Damned Sci-fi with Dolph Lundgren. (2013, 15, 85min) ★★
4.40 Sony Movie News Extra
4.50 Highway to Heaven
5.50-6.00am Sony Movie News Extra

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am Lost World 9.00 Tales from the Darkside 9.30 Tales from the Darkside 10.00 Lost in the Bermuda Triangle
11.50 Horror Highlights 12.00noon War of the Worlds 1.00pm Weather Wars 2.50 Horror Highlights 3.00 Incredible Hulk 4.00 Arachnoquake 5.50 Horror Highlights 6.00 Lost World

7.00 Tales from the Darkside
8.00 The War of the Worlds
9.00 Hidden Horror starring Sean Clement and Simonetta Solder. (2011, 15, 81min) ★★
10.35 Horror Highlights
10.45 Savaged Horror starring Amanda Adrienne and Ronnie Gene Blevins. (2013, 18, 95min) ★★
12.45am Wrong Turn 4: Bloody Beginnings Horror thriller prequel with Dan Skene. (2011, 18, 93min) ★
2.35-4.30am Popcorn Horror starring Jill Schoelen and Tom Villard. (1991, 15, 91min) ★★

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am Crimes of Passion: Victim of Love 9.00 Hearts Adrift 11.00 The Murder of Mary Phagan 1.00pm One Against the Wind
3.00 Ann Rule's The Stranger Beside Me Thriller starring Bill Campbell. (2003, 15, 120min) ★★ **5.00 Replacing Dad** Comedy drama starring Mary McDonnell and William Russ. (1998, PG, 96min) ★★

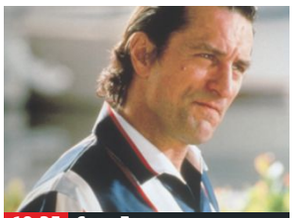
7.00 Sudden Fury Fact-based suspense drama starring Neal Patrick Harris, Jon Galecki and Gregory Harrison. (1993, 15, 89min) ★★
9.00 Common Jimmy McGovern's one-off drama, starring Nico Mirallegro.
11.00 The Disappearing Act Fact-based drama starring Patty Duke and Kelly Rowan. (1997, 15, 87min) ★★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Danielle Steel's Secrets Romantic drama starring Christopher Plummer. (1992, 15, 100min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.30am The Enemy Below 8.20 Stretch 10.10 The Calling 12.10pm The Maid's Room Thriller starring Paula Garces. (2012, 15, 98min) ★★★ **1.55 The Gambler** As 7.05pm.
3.50 The Boy Next Door As 9.00pm. **5.25 Stretch** Comedy thriller starring Patrick Wilson, Chris Pine and Jessica Alba. (2014, 15, 91min) ★★★ **7.05 The Gambler** Thriller starring Mark Wahlberg and Brie Larson. (S) (2014, 15, 111min) ★★★



10.35 Cape Fear

The Gambler (film started at 7.05pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Boy Next Door Thriller starring Jennifer Lopez. A newly single teacher's flirtation with a handsome teenager living next door begins to spiral out of control. (S) (2015, 15, 87min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

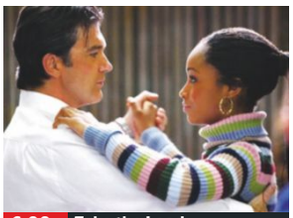
10.35 Cape Fear Director Martin Scorsese's violent remake of the 1962 thriller starring Robert De Niro. (1991, 18, 122min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.50am Body Thriller starring Helen Rogers. (S) (2015, 15, 70min) ★★
2.15 The Conversation Francis Ford Coppola's classic thriller starring Gene Hackman and John Cazale. (S) (1974, 12, 113min) ★★★★★
4.20-6.05am Sam Churchill: Search for a Homeless Man Thriller. (S) (1997, PG, 88min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

6.15am Just One Day 8.00 Fighting Demons 9.45 Steel Magnolias 11.50 Heartburn 1.50pm 50 First Dates Romantic comedy starring Adam Sandler. (S) (2004, 12, 99min) ★★★ **3.35 Get On Up** Biopic starring Chadwick Boseman. (S) (2014, 12, 139min) ★★★★
6.00 Take the Lead Dance drama inspired by a true story, starring Antonio Banderas and Rob Brown. (S) (2006, 12, 117min) ★★★



6.00 Take the Lead

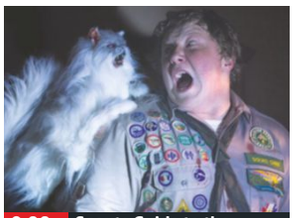
8.00 The Sound of Music Rodgers and Hammerstein musical starring Julie Andrews and Christopher Plummer, based on the true story of the Von Trapp family and their escape from the Nazis in pre-war Austria. (S) (1965, U, 174min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Wild Drama based on a true story, starring Reese Witherspoon. (S) (2014, 15, 111min) ★★★★
1.00am The Riot Club Drama starring Sam Claflin, Max Irons and Douglas Booth. (S) (2014, 15, 105min) ★★★
2.50 Saturday Night Fever Dance drama starring John Travolta. (S) (1977, 18, 119min) ★★★★
4.55-6.35am Paradise – Hawaiian Style Musical starring Elvis Presley. (S) (1966, U, 91min) ★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.15am Armageddon 8.50 The Amityville Horror 11.00 Project Almanac 1.00pm Scouts Guide to the Zombie Apocalypse As 9.00pm. **2.40 Jeruzalem** As 10.45pm.
4.20 Armageddon Sci-fi action adventure starring Bruce Willis, Liv Tyler, Steve Buscemi and Ben Affleck. (S) (1998, 12, 151min) ★★ **7.00 Project Almanac** Sci-fi thriller starring Jonny Weston and Sam Lerner. (S) (2014, 12, 106min) ★★★



9.00 Scouts Guide to the...

Project Almanac (film started at 7.00pm) SEX ●●● VIOLENCE ●●● LANG ●●●

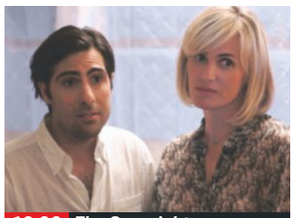
9.00 Scouts Guide to the Zombie Apocalypse Comedy horror starring Tye Sheridan. Three boy scouts put their wilderness skills to use when their home town is overrun by the walking dead. (S) (2015, 15, 93min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Jeruzalem Horror with Yael Grobglas and Danielle Jadelyn. Two American tourists on holiday in Jersusalem find themselves caught up in the middle of a Biblical apocalypse. (2015, 15, 91min) ★★★
12.35am Saw Horror starring Cary Elwes. (S) (2004, 18, 102min) ★★★
2.35 Saw II Horror thriller sequel with Tobin Bell. (S) (2005, 18, 91min) ★
4.20-6.00am Target Earth Sci-fi thriller starring Christopher Meloni. (S) (1997, 12, 88min) ★★

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.50am Magic in the Moonlight 8.35 O Brother, Where Art Thou? 10.25 Tangerines 11.55 Dangerous Liaisons 2.00pm Zulu Epic historical adventure starring Michael Caine. (S) (1963, PG, 138min) ★★★★★
4.20 Appaloosa Western starring Ed Harris and Viggo Mortensen. (S) (2008, 15, 115min) ★★★★ **6.20 The Salvation** Western starring Mads Mikkelsen and Eva Green. (S) (2014, 15, 92min) ★★★★



10.00 The Overnight

8.00 O Brother, Where Art Thou? Offbeat period comedy from the Coen brothers, starring George Clooney, John Turturro and Tim Blake Nelson. In the 1930s, three men escape from a chain gang and set out to recover some hidden loot. (2000, 12, 106min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Overnight Black comedy starring Adam Scott and Jason Schwartzman. (S) (2015, 15, 79min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

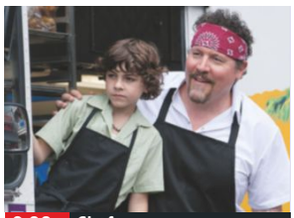
11.25 The Outlaw Josey Wales Western starring Clint Eastwood. (1976, 18, 130min) ★★★★★
1.45am The Devils Ken Russell's controversial historical drama with Vanessa Redgrave and Oliver Reed. (S) (1971, 18, 111min) ★★★★
3.40-5.15am Who's That Knocking at My Door? Director Martin Scorsese's powerful study of obsessional love, starring Harvey Keitel. (1968, b/w, 15, 86min) ★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am The Great St Trinian's Train Robbery 12.55pm Ramona and Beezus Adventure. (S) (2010, U,) ★★★★ **3.00 The Harry Hill Movie** Comedy. (S) (2013, PG, 88min) ★★
4.40 Rango Animated Western spoof. (S) (2011, PG, 107min) ★★★★ **6.50 Night at the Museum 2** Fantasy. (S) (2009, PG, 104min) ★★★



9.00 Chef

Night at the Museum 2 (film started at 6.50pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 PREMIERE Chef Comedy starring Jon Favreau. A man quits his job at a restaurant and teams up with his ex-wife, his friend and his son to launch a food truck in Miami. With John Leguizamo and Emjay Anthony. (S) (2014, 15, 114min) ★★★★ *See review, page 23* SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Legion Action fantasy thriller. (S) (2010, 15, 100min) ★★★
1.15-3.55am The Girl Who Played With Fire Swedish crime thriller. Subtitled. (2009, 15, 124min) ★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Tuesday 8 PM 9 PM 10 PM 11 PM

Sony Movies

SKY 323

9.00am The Lost World 11.05 Return to the Lost World 1.00pm Nicholas and Alexandra Historical drama. (1971, PG, 189min) ★★
4.30 Touching Wild Horses Drama starring Jane Seymour. (2002, PG, 91min) ★★ **6.20 Les Misérables** Adaptation of Victor Hugo's classic novel starring Liam Neeson. (1998, 12, 134min) ★★

9.00 Out of Reach Action thriller starring Steven Seagal. (2004, 15, 82min) ★
10.45 The Hard Corps Action thriller starring Jean-Claude Van Damme and Vivica A Fox. (2006, 15, 110min) ★★★
1.00am The Juror Legal thriller starring Demi Moore and Alec Baldwin. (1996, 18, 118min) ★
3.25 Sony Movie News Extra
3.35 The John Sullivan Story World War Two drama starring Andrew McFarlane. (1979, PG, 100min) ★★
5.50-6.00am Sony Movie News Extra Latest film news.

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am Friend Request 9.00 1000 to 1 11.00 Playing Father 1.00pm Letter Never Sent Romantic drama starring Haley Webb. (2015, PG, 120min) ★★ **3.00 Ms. Matched** Romantic comedy starring Alexa PenaVega. (2016, PG, 120min) ★★
5.00 A Kind of Magic Fantasy starring Ryan McPartlin. (2015, PG, 90min) ★★

7.00 Reading, Writing & Romance Drama starring Eric Mabius and Stefanie Powers. (2013, PG, 90min) ★★
9.00 Romantically Speaking Romantic comedy starring Heather Morris and Teri Polo. (2015, PG, 86min) ★★
11.00 The Hot Flashes Sporting comedy with Brooke Shields and Daryl Hannah. (2013, 15, 99min) ★★★
1.00am Before You Say 'I Do' Time-travelling romantic-comedy with David Sutcliffe. (2009, PG, 87min) ★★
3.00-5.00am Storm Rider Drama starring Kevin Sorbo. (2013, PG, 90min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am Berlin Express 7.40 Split Second 9.20 Hijack 11.10 Long John Silver
1.05pm Gunga Din 3.25 The Giants of Thessaly Adventure. (1960, U, 88min) ★★ **5.10 Weather Wars** Sci-fi disaster thriller with Jason London. (2011, 15, 82min) ★★ **6.55 Bullet to Beijing** Thriller with Michael Caine. (1995, 15, 101min) ★★

9.00 Daylight Robbery Heist thriller starring Geoff Bell. A group of England football fans plans to ram-raid a London bank, using a trip to a World Cup match as their alibi. (2008, 15, 98min) ★★★
11.00 Shadow of the Hawk Horror starring Jan-Michael Vincent and Marilyn Hassett. (1976, PG, 92min) ★★
12.50am Outside the Law Historical action drama starring Jamel Debbouze. (2010, 15, 138min) ★★★★
2.35-4.00am The Day Time Ended Sci-fi thriller starring Jim Davis and Dorothy Malone. (1979, 15, 76min) ★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

9.00pm Hard Rain *Universal Channel* Action thriller starring Morgan Freeman, Christian Slater and Minnie Driver. (HD) ★★
9.00pm Just Go With It *Comedy Central* Romantic comedy starring Adam Sandler and Jennifer Aniston. (HD) ★
9.00pm Rambo: First Blood Part II *Syfy* Action sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. ★★★

10pm TILL LATE

10.05pm Mars Attacks! *ITV4* Director Tim Burton's sci-fi spoof starring Jack Nicholson, Glenn Close and Annette Bening. Bug-eyed Martians in a fleet of flying saucers launch a full-scale invasion of Earth. (HD) ★★★
12.15am 6 Bullets *ITV4* Action thriller with Jean-Claude Van Damme. (HD) ★★

(S) Subtitles (SL) Signing

Tuesday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** WWE – Smackdown (HD) **8.00** SPFL Round-Up (HD) **8.30** Premier League Years **10.30** Great Sporting Moments (HD) **11.00** Premier League Legends (HD) **11.30** SPFL Round-Up (HD)

12.00noon Elite League Speedway (HD)

2.00pm Premier League Years 1995/1996.

4.00 Elite League Speedway Coventry Bees v Swindon Robins. (HD)

6.00 MLS Round-Up Show Highlights. (HD)

6.30 SPFL Round-Up Highlights. (HD)

7.00 Football Gold (HD)

7.30 Gillette Soccer Special News and results from tonight's matches. (HD)

10.00 More Than a Game (HD)

10.30 Great Sporting Moments (HD)

11.00 Football Gold (HD)

11.30 MLS Round-Up Show Highlights. (HD)

12.00m't Goals on Sunday (HD) **1.00am** Premier League 100 Club (HD) **2.00** Football Gold (HD) **3.00** Premier League Legends (HD) **4.00-6.00am** Premier League Years (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Test Cricket (HD) **8.00** Test Cricket: The Verdict (HD) **9.00** Cricket's Greatest (HD) **10.00** NatWest T20 Blast Cricket (HD)

1.45pm Sporting Triumphs (HD)

2.00 Test Cricket England v Pakistan: Action from the fifth and final day of the third Test from Edgbaston (HD)

3.00 Test Cricket: The Verdict (HD)

4.00-7.00 Cricket's Greatest (HD)

7.00 LIVE NatWest T20 Blast Cricket Coverage of the second quarter-final of the domestic competition. (HD)

10.45 Sporting Triumphs Nasser Hussain's double-century against Australia in 2007. (HD)

11.00 Cricket's Greatest A profile of Don Bradman. (HD)

11.30 Cricketing Yorkshire (HD)

12.00m't NatWest T20 Blast Cricket (HD) **3.45am** Sporting Triumphs (HD) **4.00** Cricket's Greatest (HD) **4.30** Cricketing Yorkshire (HD) **5.00** Cricket's Greatest (HD) **5.30-6.00am** Cricketing Yorkshire (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Darts Gold (HD) **7.00** Boxing Gold (HD) **8.00** Sporting Greats **9.00** Super League Fulltime (HD) **9.30** Sporting Greats **10.00** Sporting Heroes: Denise Lewis Interviews Mary Peters (HD) **11.00** Racing News (HD) **11.30** Super League Fulltime (HD)

12.00noon Time of Our Lives Former Burnley players reminisce. (HD)

1.00pm Sporting Heroes: Gary Newbon Interviews Sir Chris Hoy A talk with the cyclist. (HD)

1.55 Super League Fulltime A round-up of the latest matches. (HD)

2.25 SPFL Round-Up Highlights. (HD)

2.55 LIVE Test Cricket West Indies v India: Coverage of the first day of the third Test at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia. (HD)

10.30 Fight Night Anthony Joshua v Dominic Breazeale. (HD)

12.30am Polo **1.30** Boxing Gold (HD) **2.00** Darts Gold (HD) **3.00** Polo **4.00** Darts Gold (HD) **4.30** Legends of Darts (HD) **5.00-6.00am** Sporting Heroes: Steve Harmison Interviews Kevin Keegan: Part One (HD)

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic **7.00** Shell's Wonderful World of Golf **8.30** European Tour Golf (HD) **9.30** PGA Tour Golf (HD) **10.30** PGA Tour Classic **11.30** Sporting Greats (HD)

12.00noon PGA Tour Golf The Travelers Championship. (HD)

1.00pm European Tour Golf The Paul Lawrie Match Play. (HD)

2.00 Shell's Wonderful World of Golf

3.30 PGA Tour Golf (HD)

4.30 European Tour Golf Action from the Paul Lawrie Match Play. (HD)

5.30 Super League Fulltime A round-up of the latest matches. (HD)

6.00 Sporting Greats

6.30 Golfing World (HD)

7.00 PGA Tour Golf (HD)

8.00 PGA EuroPro Tour Golf The Lookers Championship. (HD)

10.00 LIVE Sky Poker The Sky Poker Grudge Match, as a recreational player takes on one of Sky's professionals.

12.00m't PGA EuroPro Tour Golf (HD) **2.00am** PGA Tour Golf (HD) **3.00** Golfing World (HD) **3.30** Sporting Rivalries (HD) **4.00-6.00am** PGA EuroPro Tour Golf (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest Managers **6.30** Football's Greatest Players **9.00** Major League Soccer (HD) **11.00** Football's Greatest Players: Double bill.

12.00noon Spanish Football Gold (HD)

1.00 Football's Greatest Players Double bill.

2.00 Eredivisie Round-Up (HD)

3.00-4.00 Spanish Football Gold Back-to-back editions.

4.00 WWE Main Event Wrestling action. (HD)

5.00 WWE – Smackdown Wrestling action. (HD)

7.00 Polo The Jaeger-LeCoultre Polo Gold Cup.

8.00 Eredivisie Round-Up The latest news and action from the Netherlands. (HD)

9.00 Football's Greatest Players Double bill.

10.00 WWE – Late Night – Smackdown (HD)

11.00 Eredivisie Round-Up (HD)

12.00m't Spanish Football Gold (HD) **1.00am LIVE** WWE – Late Night – Smackdown: Wrestling coverage. (HD) **3.00** Football's Greatest Players **4.00-6.00am** Major League Soccer (HD)

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.30am Going for Gold (HD) **7.50** WATTS (HD) **8.00** Isle of Man TT (HD) **10.00** Cycling: Track World Championship (HD) **11.30** ATP Tennis (HD)

1.00pm Australian Open 2016 Review (HD)

2.00 French Open Tennis Highlights. (HD)

3.00 Tennis: Wimbledon The men's final. (HD)

4.30 Tennis: Wimbledon The ladies' final. (HD)

6.00 Going for Gold (HD)

6.15 Eurosport News

6.20 US Open Tennis (HD)

7.20 The Voxwomen Cycling Show (HD)

7.50 Ironman (HD)

8.20 ITU Triathlon World Cup From Huatalco. (HD)

9.20 Going for Gold (HD)

9.25 FIA World Rallycross Championship Action from Canada. (HD)

10.30 European Rally Championship The Rally Poland: Highlights of the seventh round.

11.00 Eurosport News

11.05 Going for Gold (HD)

11.10 FIA World Touring Cars Round eight. (HD)

12.10am Best of Bikes (HD) **12.25** Going for Gold: (HD) **12.30-1.00am** Football's Greatest (HD)

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

6.00am Ski Jumping: Summer Grand Prix **7.30** FIA World Touring Cars (HD) **9.00** MCE British Superbikes (HD) **10.00** Sports Insiders (HD) **10.30** Snooker: Shanghai Masters (HD)

12.30pm Football's Greatest (HD)

1.55 Eurosport News

2.00 MCE British Superbikes From Brands Hatch. (HD)

4.00 Eurosport News

4.05 World Superbikes From Mazda Raceway Laguna Seca. (HD)

5.05 Isle of Man TT (HD)

7.05 Motorcycling: Southern 100 From the Isle of Man. (HD)

8.05 FIA World Touring Cars Action from the eighth round of the season at Autodromo Termas de Rio Hondo, Argentina. (HD)

9.05 Eurosport News

9.10 Cycling: Giro d'Italia A review of the 2016 Grand Tour race. (HD)

10.10 Cycling: Tour de France Review. (HD)

11.10 Cycling: Vuelta a España Review. (HD)

12.10am Going for Gold (HD) **12.15** Eurosport News **12.20** WATTS (HD) **12.30-6.00am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

6.00am-12.00noon Classic Premier League: Back-to-back highlights from the archives. (HD)

12.00noon Ladbrokes SPFL Highlights (HD)

12.30pm Brasileirao Action from Palmeiras v Vitoria. (HD)

2.00 The Best That Never Was Documentary. (HD)

4.00 Vanarama National League Highlights A round-up of the latest action. (HD)

4.30 Bundesliga 2 VfB Stuttgart v St Pauli. (HD)

5.30 Football League Cup Finals: 1970s A look back at League Cup finals from the decade. (HD)

6.00 Football League Cup Finals: 1980s A look back at League Cup finals from the decade. (HD)

6.30 Ladbrokes SPFL Highlights (HD)

7.00 LIVE Betfred Cup Coverage of a second-round match. (HD)

10.00pm-1.00am Classic Premier League Back-to-back highlights from the archives. (HD)

1.00-5.00am Classic Premier League: Back-to-back highlights. (HD) **5.00-6.00am** Toyota AFL Highlights Show (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am Leicester City v Manchester United (HD) **7.30** AFL (HD) **11.30** Ligue 1: Season Review (HD) **12.30pm** UK Angling Championship (HD) **1.30** Ladbrokes SPFL Highlights (HD)

2.00 Football League Cup Finals: 1970s A look back at League Cup finals from the decade. (HD)

2.30 Football League Cup Finals: 1980s A look back at League Cup finals from the decade. (HD)

3.00 Singha Premiership Rugby 7s Series (HD)

6.00 Toyota AFL Highlights Show A round-up of the best of the latest action from the Australian Football League (HD)

7.00 LIVE UEFA Super Cup Real Madrid v Sevilla: Coverage of the match from Lerkendal Stadion in Trondheim, Norway. Kick-off is at 7.45. (HD)

10.15 UFC: Beyond the Octagon (HD) **10.45** UFC – Ultimate Insider (HD) **11.15** Kings Ransom (HD) **12.15am** Global Goals (HD) **12.30** Gillette World Sport (HD) **1.00** Ligue 1 – Games of the Season (HD) **5.00-6.00am** European Football Show Highlights (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am Pardon the Interruption (HD) **6.30** Around the Horn (HD) **7.00** Pardon the Interruption (HD) **7.30** Around the Horn (HD) **8.00** College Football Live (HD) **8.30** CFL: BC @ Montreal (HD) **11.00** WRC Review (HD)

12.00noon ESPN FC The latest news from the world of football. (HD)

12.30pm Pardon the Interruption A look at the day's hot topics. (HD)

1.00 NHRA Drag Racing Action from NHRA Drag Racing. (HD)

3.30 MLB Action from Miami Marlins v San Francisco Giants. (HD)

6.30 ESPN FC (HD)

7.00 Baseball Tonight A round-up of Major League Baseball news. (HD)

8.00 LIVE MLB Colorado Rockies v Texas Rangers: Start-time is at 8.10. (HD)

11.00 MLB's Best (HD)

11.30 College Football Live News and action. (HD)

12.00m't LIVE MLB: Boston Red Sox v New York Yankees: Start-time is at 12.10. (HD) **3.00am** NHRA Drag Racing (HD) **5.30-6.00am** College Football Live (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Ligue 1 – Games of the Season (HD) **10.00** Ladbrokes SPFL Highlights (HD) **10.30** Vanarama National League Highlights (HD) **11.00** BT Sport Films: Keeping Up with the Brownlees (HD)

12.00noon Leicester City v Manchester United (HD)

1.30pm Global Goals (HD)

2.00 Premier League World (HD)

3.00 European Football Show Highlights (HD)

4.00 Pre-Season Football West Ham United v Juventus. (HD)

5.30 West Ham v Arsenal 2015/2016 (HD)

7.00 Ligue 1 – Games of the Season (HD)

8.00 Ligue 1 – Games of the Season (HD)

9.00 Ligue 1 – Games of the Season Paris Saint-Germain v Toulouse. (HD)

10.00 Ligue 1 – Games of the Season (HD)

11.00 UK Angling Championship (HD)

12.00m't Betfred Cup (HD) **1.30am** UEFA Super Cup (HD) **3.00** UFC: Beyond the Octagon (HD) **3.30** UFC – Ultimate Insider (HD) **4.00** Ladbrokes SPFL Highlights (HD) **4.30-6.00am** Betfred Cup (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am-12.30pm The Home of Formula One

12.30pm Tales from the Vault 1984 season. (HD)

1.30 Legends of F1 (HD)

2.00 Australian F1 GP Best Bits (HD)

2.30 Bahrain F1 GP Best Bits Action from the Bahrain Grand Prix. (HD)

3.00 Chinese F1 GP Best Bits Highlights of the Chinese Grand Prix. (HD)

4.00 Spanish F1 GP Best Bits Action from the Spanish Grand Prix. (HD)

4.30 Porsche Super Cup Highlights from the German Grand Prix. (HD)

4.45 Legends of F1 (HD)

5.45 Tales from the Vault British F1 champions. (HD)

6.45 Architects of F1 A profile of Jo Ramirez. (HD)

7.45 Inside McLaren 2016 The team's preparations for the new season. (HD)

8.00 Tales from the Vault The 1984 season. (HD)

9.00 F1 Classic Races A look back at the 1988 British Grand Prix. (HD)

9.45 Legends of F1 (HD)

10.45 GP2 Racing The Circuit de Monaco. (HD)

12.15am GP2 Racing (HD) **1.30-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.25pm Rowing The quarter-finals and semi-finals. **1.50 Hockey** New Zealand v Spain: The men's Group A match. **3.50 Hockey** Ireland v Germany: The men's Group B match. **7.25 Shooting** The women's 25m pistol final. **8.55 Boxing** The latest preliminary bouts. **11.00 Weightlifting** The men's 69kg final from Riocentro. **1.50-4.05am Football** China v Sweden: Women's Group E match.

RED BUTTON 2 2.55pm Boxing Preliminary bouts. **5.25 Canoe Slalom** The men's C1 semi-finals and final. **8.00 Rugby Sevens** Men's pool matches. **11.00 Basketball** Lithuania v Nigeria: Men's Group B. **2.20-4.20am Basketball** Argentina v Croatia: The men's Group B match.

RED BUTTON 3 1.55pm Equestrian The individual and team eventing jumping finals from Rio. **7.25 Beach Volleyball** Preliminary matches. **11.40 Basketball** Turkey v Japan: The women's group match. **1.55-4.15am Swimming** Semi-finals and finals.

RED BUTTON 4 12.55pm Fencing The men's individual epee. **3.00 Rugby Sevens** Men's pool matches. **7.55 Fencing** The men's individual epee semi-finals and final. **12.20am Hockey** Belgium v Australia: The men's Group A match. **2.35-4.20 Volleyball** Brazil v Canada: Coverage of the men's competition.

RED BUTTON 5 1.55pm Table Tennis The women's singles quarter-finals. **6.00 Basketball** Spain v Brazil: Coverage of the men's Group B match. **8.00 Football** Germany v Canada: Coverage of the women's Group F match. **10.00 Basketball** Brazil v Belarus: The women's group match. **12.20am Volleyball** Cuba v Egypt: Coverage of the men's competition. **2.15-3.25 Handball** Argentina v Croatia: Coverage of the men's group match.

RED BUTTON 6 2.35pm Tennis The latest matches from Olympic Tennis Centre. **8.00 Football** Australia v Zimbabwe: Coverage of the women's Group F match. **10.50 Football** New Zealand v France: Coverage of the women's Group G match. **1.00-4.55am Beach Volleyball** The latest preliminary matches from Beach Volleyball Arena.

RED BUTTON 7 1.55pm Beach Volleyball The latest preliminary matches. **7.35 Judo** The women's -63kg & men's -81kg semi-finals and finals. **10.35pm-3.05am Tennis** The latest matches.

RED BUTTON 8 7.00pm Archery Men's and women's individual matches. **11.00 Football** Colombia v USA: Coverage of the women's Group G match. **1.50-4.05am Football** South Africa v Brazil: Coverage of the women's Group E match.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* Coverage from meetings at Chepstow and Lingfield Park.

1.30pm LIVE Racing *Racing UK* Coverage of today's meeting at Thirsk.

5.00pm LIVE Evening Racing *Racing UK* Coverage from Nottingham.

7.00pm LIVE Winning Post *At The Races* Coverage from Chelmsford City, Cork and Roscommon.

9.00pm LIVE Stateside *At The Races* Live coverage from the United States.

2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

(HD) High Definition

Wednesday

10 August

Evening Planner

TODAY AT THE OLYMPICS

Britain was the most successful rowing nation at London 2012, topping the medal table with four golds and nine medals in total. In Rio, there are 14 medal events – eight for men and six for women – contested by 550 rowers. Two gold medals will be decided today, in the men's quadruple sculls, where Germany are World and Olympic champions, and the women's quadruple sculls, which sees the US start as favourites.

Chris Froome

In cycling, the men's and women's time trials feature Team GB's **Chris Froome** racing over 54.5km and Emma Pooley racing over 29.8km as they go for gold four years after Froome claimed a bronze in London and eight years after Pooley took silver in Beijing.

Britain's only female weightlifter at the Games, teenager Rebekah Tiler, competes in the women's 69kg; in shooting, it's the men's double trap, featuring Commonwealth champion Steve Scott; and diving's men's 3m springboard synchro is likely to include British duo **Jack Laugher and Chris Mears**.

Jack Laugher & Chris Mears

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	7.00 Olympics 2016 – Live: Including diving and artistic gymnastics						10.00 News; Local News	
	102 BBC2	7.00 Eggheads	7.30 Grand Tours of...	8.00 Inside CERN: A Horizon Special		9.00 Versailles		10.00 Olympics 2016 – Live	
	103 ITV	7.00 Emmerdale	7.30 Coronation Street	8.00 Wild Animal Reunions		9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Three Day Nanny		9.00 Britain's Benefit Tenants		10.00 Man Down	10.30 A Granny's...
	105 CHANNEL 5	7.00 Secrets of Great British Castles		8.00 GPs: Behind Closed Doors		9.00 Celebrity Big Brother		10.00 Suspects: The Enemy Within	
	106 SKY1	7.00 The Simpsons		8.00 Don't Tell the Bride		9.00 Karl Pilkington: The Moaning of Life		10.00 Bradley Wiggins: The Road to Rio	
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Including swimming, shooting and weightlifting							
	118 ITV2	7.00 You've Been Framed! Gold		8.00 Two and a Half Men		9.00 Hell's Kitchen		10.00 The Vampire Diaries	
	138 MORE4	◂ 6.55 Four in a Bed		7.55 Grand Designs		9.00 Selling Houses with Amanda Lamb		10.00 8 Out of 10 Cats Does Countdown	
	136 E4	7.00 Hollyoaks	7.30 Coach Trip...	8.00 Jane the Virgin		9.00 Containment		10.00 Supernatural	
	107 SKY LIVING	◂ 6.45 My Kitchen Rules: Australia		8.00 Criminal Minds		9.00 Shades of Blue		10.00 Blindspot	
	108 SKY ATLANTIC	7.00 Without a Trace		8.00 Blue Bloods		9.00 Game of Thrones			
	110 GOLD	7.00 Only Fools and Horses				9.00 Fawlty Towers	9.45 Come Fly with Me	10.25 Fawlty Towers	
	111 DAVE	7.00 American Pickers		8.00 QI XL		9.00 Would I Lie to You?	9.40 Mock the Week	10.20 QI	
	119 ITV3	◂ 6.50 Murder, She Wrote		7.55 Foyle's War				10.00 Without You	
	120 ITV4	7.00 Pawn Stars		8.00 British Superbike Championship...		9.00 The Motorbike Show		10.00 TT Blues	
	112 COMEDY CENTRAL	7.00 Friends		8.00 Impractical Jokers		9.00 Live at the Apollo		10.00 Rob Beckett...	10.30 Bad Education
	114 SYFY	7.00 Star Trek: The Next Generation		8.00 Killjoys		9.00 Dark Matter		10.00 Film: Death Race: Inferno	
	109 W	◂ 6.40 Extreme Makeover...	7.40 Celebrity MasterChef			9.00 In the Club		10.05 Film: Baby Geniuses	
	113 UNIVERSAL	7.00 NCIS		8.00 Major Crimes		9.00 Law & Order: Special Victims Unit			
	124 FOX	7.00 NCIS				9.00 Family Guy		10.00 American Dad!	
	121 SKY ARTS	7.00 Master of Photography		8.00 Auction		9.00 Dean Martin: A Legend in Concert		10.00 The South Bank Show Originals	
Documentary	520 DISCOVERY	7.00 Fast N' Loud		8.00 What Could Possibly Go Wrong?		9.00 Street Outlaws		10.00 Fat N' Furious: Rolling Thunder	
	523 ANIMAL PLANET	7.00 Tanked		8.00 White Lions: Born Wild				10.00 Treasure Quest: Snake Island	
	526 NAT GEO	7.00 Air Crash Investigation		8.00 London Underground Revealed		9.00 History's Toughest Prisons		10.00 Banged Up Abroad	
	529 HISTORY	7.00 Storage Wars		8.00 Mountain Men				10.00 Ancient Aliens	
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 'Allo 'Allo!	8.35 Yes, Minister			9.55 Whatever Happened to the Likely Lads?	
	532 EDEN	7.00 Biggest & Baddest		8.00 Ganges		9.00 Life in the Undergrowth		10.00 Uranium: Twisting the Dragon's Tail	
Films	301 SKY PREMIERE	◂ 6.15 The Perfect Guy		8.00 The Man from U.N.C.L.E				10.00 Northwest	
	303 SKY HITS	◂ 5.20 Harry Potter and the Goblet of Fire		8.00 The Walk				10.10 Ted 2	
	304 SKY SPIES	◂ 5.40 The Rock		8.00 Spectre					10.30 Mission...
	305 SKY DISNEY	◂ 6.30 The Fox and the Hound		8.00 Cinderella		9.20 The Sword in the Stone			
	306 SKY FAMILY	◂ 6.20 The Boxtrolls		8.00 Annie				10.00 Robot Overlords	
	307 SKY ACTION	◂ 6.00 Run All Night		8.00 Fantastic Four				10.00 2 Fast 2 Furious	
	308 SKY COMEDY	◂ 5.55 Four Weddings and a Funeral		8.00 Talladega Nights: The Ballad of Ricky Bobby				10.05 Get Hard	
	309 SKY CRIME	7.00 Regression				9.00 The Dead Pool			10.35 Knock...
	310 SKY DRAMA	◂ 6.10 Little Miss Sunshine		8.00 Magic Mike XXL				10.00 The Wedding Singer	
	311 SKY SCI-FI		7.15 Maggie			9.00 The Visit			
	312 SKY SELECT	◂ 5.55 Birdman		8.00 Full Metal Jacket				10.00 American Beauty	
	315 FILM4	◂ 6.50 My Sister's Keeper				9.00 Riddick			
	317 TCM	◂ 6.20 Terror on a Train	7.40 Blue Blood			9.00 Hard to Kill			
Sport	401 SKY SPORTS 1	7.00 Preview to the...	7.30 EFL Cup – Live: Luton Town v Aston Villa from Kenilworth Road (Kick-off 7.45)					10.00 More Than a...	10.30 Great Sporting...
	402 SKY SPORTS 2	7.00 NatWest T20 Blast Cricket – Live: The third quarter-final							
	403 SKY SPORTS 3	◂ 2.55 Test Cricket – Live: West Indies v India: The second day of the third Test at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia							10.30 WWE – Raw
	404 SKY SPORTS 4	7.00 Champions Tour Golf		8.00 PGA Tour Golf		9.00 European Tour...	9.30 Champions Tour Golf		10.30 Inside the...
	410 EUROSPORT 1		7.20 Cycling: Fleche Wallonne		8.25 Cycling: Liege-Bastogne-Liege		9.30 Cycling: Track World Championship		
	411 EUROSPORT 2	◂ 6.35 Motocross British...	7.35 MCE British Superbikes			9.05 Motorcycling: Southern 100		10.05 Swedish Speedway	

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

OLYMPICS 2016
Today at the Games

BBC1

SKY 101	VIR 101	F'VIEW 1	F'SAT 101
HD 141/115	HD 108	HD 101	HD 106/108

6.00am Olympic Breakfast (S)(HD)

9.15 Countryside 999 Documentary. (S)(R)(HD)(AD)

10.00 Homes Under the Hammer (S)(R)(HD)(AD)

11.00 Wanted Down Under With Nicki Chapman. (S)(R)(HD)(AD)

11.45 The Housing Enforcers A neglected property leaves Matt Allwright smelling a rat. (S)(HD)

12.15pm Bargain Hunt From London. (S)(R)(HD)(AD)

1.00 BBC News (S)(HD)

1.30 Local News (S)

1.45 Olympics 2016
Cycling The men's road cycling time-trial at **2.00** in Pontal.
Rowing The men's quadruple sculls rowing final at **2.20**, the women's final at **2.40**, and men's and women's eight repechages from **1.50**.
Swimming The women's 100m freestyle at **5.00**, the men's 200m backstroke at **5.23** and the women's 200m breaststroke at **5.50**. (S)(HD)

6.00 BBC News (S)(HD)

6.30 Local News (S)

7.00 Olympics 2016
Diving The men's 3m synchronised springboard diving final at **7.00**.
Gymnastics The men's artistic gymnastics individual all-around final takes place from **8.00**. (S)(HD)

10.00 BBC News (S)(HD)

10.30 Local News (S) Followed by **Lottery Update** (S)

10.45 Olympics 2016
Gymnastics Continued coverage of the men's artistic gymnastics individual all-around final.
Diving The men's 3m synchronised springboard diving final. (S)(HD)

12.00m't Olympics 2016
Hockey Great Britain face Australia in men's hockey from **12.30**.
Swimming The men's 200m breaststroke swimming final at **2.03**, the women's 100m freestyle semi-finals at **2.09**, the men's 200m backstroke semi-finals at **2.25**, the women's 200m butterfly final at **2.54**, the men's 100m freestyle final at **3.03**, the women's 200m breaststroke semi-finals at **3.08**, the men's 200m individual medley semi-finals at **3.26** and the women's 4x200m relay final at **3.55**. (S)(HD)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116	VIR 107	F'VIEW 9	F'SAT 110
HD 116/143	HD 163	HD 106	HD 107

1.00pm Olympics 2016
Water Polo Coverage from the Maria Lenk Aquatics Centre.
Handball From the Future Arena.
Beach Volleyball Action from the Beach Volleyball Arena.
Rugby Sevens The men's pool-stage matches at the Deodoro Stadium.
Hockey The men's competition continues from **3.00** at the Olympic Hockey Centre. (S)(HD)

4.00 Olympics 2016
Hockey Great Britain's women's team take on Argentina at **5.30** at the Olympic Hockey Centre, hoping for a win that would increase their chances of reaching Monday's quarter-finals. (S)(HD)

7.00 Olympics 2016
Swimming The early-evening action includes the women's 4x200m freestyle relay swimming heats at the Olympic Aquatics Stadium.
Shooting The men's double trap final at the Olympic Shooting Centre.
Weightlifting The women's 69kg final takes place at Riocentro at **7.30**.
Rugby Sevens Action from the men's quarter-finals at the Deodoro Stadium at **9.00**. (S)(HD)

10.00 Olympics 2016
Judo The men's -90kg and women's -70kg finals reach their conclusion at Carioca Arena 2.
Table Tennis Starting at **12.30**, the women's singles bronze medal match and final take place at Riocentro. (S)(HD)

2.00am Britain on Film: The Joy of Tech: How technology transformed home life in the 1960s. (S)(R) **2.30** Sounds of the Sixties: Music by Pete Seeger, Bob Dylan and Leonard Cohen. (S)(R) **3.00-4.00am** Carved with Love: The Genius of British Woodwork (S)(R)(HD)

DID YOU KNOW?

Cycling

Team GB's Emma Pooley, a silver medallist at Beijing in 2008, took a break from the sport in 2014 to concentrate on triathlon and endurance events.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 82)

BBC2

SKY 102	VIR 102	F'VIEW 2	F'SAT 102
HD 115/141	HD 162	HD 102	HD 108/106

6.00am Paul Martin's Handmade Revolution (S)(R)(HD) **6.45 Homes Under the Hammer** (S)(R)(HD) **7.45 The Housing Enforcers** (S)(R)(HD) **8.15-9.15 Sign Zone: Gardeners' World** (S)(R) **8.45 The Hairy Builder** (S)(R)(AD) **9.15 Olympics: Rio Highlights 2016** Day four. (S)(HD)
12.15pm LIVE Olympics 2016 The women's rowing pair semi-finals and the women's road cycling time-trial. (S)(HD)
1.45 Red Rock (S)(HD)(AD) **2.30 The Edge** (S)(R)(HD) **3.15 Escape to the Country** (S)(R)(HD)(AD) **4.00 The Great Antiques Map of Britain** (S)(R)(HD) **4.30 Flog It!** From Tatton Park. (S)(R)(HD) **5.15 Pointless** (S)(R)(HD)
6.00 LIVE Olympics 2016 Featuring swimming from the Olympic Aquatics Stadium, with the men's 200m individual medley heats at **6.12**. (S)(HD)

8.00 Inside CERN: A Horizon Special

7.00 Eggheads General knowledge quiz show hosted by Jeremy Vine. (S)(HD)

7.30 Grand Tours of Scotland **SERIES FINALE** 6/6. How Scotland was first promoted as a winter holiday destination. (S)(HD)

8.00 NEW Inside CERN: A Horizon Special Documentary following scientists as they hunt for signals that would prove the existence of a new particle, which could aid with the understanding of the beginning of the universe. (S)(HD)

9.00 Versailles **SERIES FINALE** 10/10. The traitor changes tactics and strikes at those closest to Louis. (S)(HD)(AD) Followed by **Inside Versailles** **SERIES FINALE** 10/10. The historical background of 17th century court fashion. (S)(HD)(AD)

10.00 LIVE Olympics 2016 Clare Balding presents coverage of the men's artistic gymnastics individual all-around final at the Rio Olympic Arena. (S)(HD)

10.45 Newsnight (S)(HD)

11.15 Weather (S)(HD)
11.20 People Just Do Nothing SERIES FINALE 5/5. The opening night of Chabuddy's new club arrives. (S)(HD)(AD)
11.50 Inside the Factory 3/6. Gregg Wallace explores the production of baked beans, Cherry Healey follows a discarded can through a recycling centre, and Ruth Goodman explains the origins of tinned food. (S)(R)(HD)(AD)
12.50-2.50am Sign Zone: Hugh's War on Waste: The Battle Continues (S)(R)(AD) **1.50 Saving Lives at Sea** (S)(R)(AD)
2.50-6.00am Previews (S)(HD)

ITV1

SKY 103	VIRGIN 103	F'VIEW 3	F'SAT 103
HD 178	HD 113	HD 103	HD 111

6.00am Good Morning Britain With *Mr Selfridge* star Frances O'Connor. (S)(HD)
8.30 Lorraine (S)(HD)
9.25 The Jeremy Kyle Show Guests air their differences. (S)(R)(HD)
10.30 This Morning (S)(HD)
12.30pm Loose Women With *Emmerdale* star Kelvin Fletcher. (S)(HD)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Judge Rinder Real-life cases heard in a studio courtroom. (S)(R)(HD)
3.00 Secret Dealers The dealers bid for a candlestick by famed British designer Archibald Knox. (S)(R)(HD)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)(HD)
5.00 Cash Trapped Quiz show hosted by Bradley Walsh. (S)(HD)
6.00 Local News (S)
6.30 ITV News (S)

9.00 Long Lost Family

7.00 Emmerdale Chrissie has Rakesh exactly where she wants him. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

7.30 Coronation Street Nick and Robert try to come to a deal over the Bistro. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

8.00 Wild Animal Reunions **SERIES FINALE** 3/3. Meeting people who have formed special relationships with rhinos, lions, wild deer and a pangolin, to see how the bonds endure as human and animal are reunited in the wild. (S)(HD)

9.00 Long Lost Family 5/7. A former British soldier yearns to find the father he has never met, while a woman hopes to trace the youngest birth mother the programme has ever encountered. (S)(HD)(AD)

10.00 ITV News (S)

10.35 Local News (S)

10.45 The Chase General knowledge quiz hosted by Bradley Walsh. (S)(R)(HD)

11.45 British Touring Car Championship Highlights Steve Rider presents action from round six at Snetterton. (HD)
1.05am Jackpot247
3.00 Murder, She Wrote *A Fashionable Way to Die:* Jessica investigates a loan shark's death. (S)(R)(HD)(AD)
3.50 ITV Nightscreen (HD)
5.05-6.00am The Jeremy Kyle Show Lively studio talk show. (S)(SL)(R)(HD)

+1 hour	SKY 131	VIRGIN 114	FREEVIEW 33	FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am 3rd Rock from the Sun (S)(R)(AD) **7.05 Everybody Loves Raymond** (S)(R) **8.00 Frasier** (S)(R)(AD) **9.05 The Big Bang Theory** (S)(R)(HD)(AD) **10.00-11.30 The Simpsons** (S)(R)(AD) **11.30 Come Dine with Me** (S)(R)(HD)
12.00noon News (S)(HD)
12.05-2.10pm Come Dine with Me Back-to-back editions. (S)(R)(HD)
2.10pm Fifteen to One (S)(HD)
3.10 Countdown (S)(HD)
4.00 Three in a Bed (S)(R)(HD)
5.00 Couples Come Dine with Me Three couples from the West Country compete. (S)(R)(HD)
6.00 The Simpsons *Thank God It's Doomsday:* Homer fears the apocalypse is imminent. (S)(R)(AD)
6.30 Hollyoaks Joanne will not stop until she gets her man. (S)(HD)(AD)

9.00 Britain's Benefit Tenants

7.00 News (S)(HD)

8.00 The Three Day Nanny Kathryn Mewes heads to Devon to help single mother Rosie Parsons, who has four unruly children under the age of three, including two-and-a-half-year-old triplets and a 13-month-old. (S)(HD)

9.00 NEW SERIES Britain's Benefit Tenants 1/3. Return of the documentary following the work of specialist letting agencies dealing with benefit tenants who have turned to private landlords. (S)(HD)
■ Repeated tomorrow

10.00 Man Down 5/6. Dan embarks on a search for a life that could have been. (Series 3) (S)(HD)(AD)

10.30 A Granny's Guide to the Modern World 2/3. Three best friends learn how to play video games. (S)(HD)(AD)

11.05 999: What's Your Emergency? (S)(R)(HD) **12.05am Music on 4** (S)(HD) **12.35 FILM Don't Be Afraid of the Dark** (S)(SL)(HD) (2010, 15) ★★★
2.15 Phil: Secret Agent Down Under (S)(R)(HD) **3.10 Double Your House for Half the Money** (S)(R)(HD)(AD) **4.05 Kirstie's Fill Your House for Free** (S)(HD) **4.15 Superfoods: The Real Story** (S)(R)(HD) **4.40 Countdown** (S)(R)(HD) **5.20-6.15am Fifteen to One** (S)(R)(HD)

+1 hour | SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW 5 HD 105 | F'SAT 105 HD 105

6.00-9.15am Milkshake!
9.15am The Wright Stuff (HD)
11.15 Cowboy Builders The team visits Binley Woods, Coventry. (S)(R)(HD)
12.10pm News (S)(HD)
12.15 Celebrity Big Brother: The Eviction (R)(HD)
1.15 Home and Away (S)(HD)(AD)
1.45 Neighbours (S)(HD)(AD)
2.15 NCIS *You Better Watch Out:* 10/24. Tony's father visits for Christmas. (Series 10) (S)(R)(HD)(AD)
3.15 FILM PREMIERE The Reckoning Drama starring Katie Leclerc. (S)(HD) (2015, PG, 105min) ★★
5.00 News (S)(HD)
5.30 Neighbours Paige gets in deeper with Tyler. (S)(R)(HD)(AD)
6.00 Home and Away Andy tells Kat some home truths. (S)(R)(HD)(AD)
6.30 News (S)(HD)

10.00 Suspects: The Enemy Within

7.00 Secrets of Great British Castles Dan Jones explores the history of Carrickfergus Castle in Co Antrim, a stronghold key to understanding the relationship between Britain and Ireland. (S)(R)(HD)

8.00 GPs: Behind Closed Doors Dr Previna Chana advises a patient complaining of occasional chest pains to keep a health diary, while Dr Kylan Stray reassures a mother with concerns about her baby boy. (S)(HD)(AD)

9.00 Celebrity Big Brother Highlights of the housemates' past 24 hours in the house. (S)(HD)

10.00 Suspects: The Enemy Within 2/6. When a new murder victim is connected to the Bellamy blackmail case, Jack pressures his old flame to testify against her boyfriend. (Series 5) (S)(HD)(AD)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the *CBB* companion show. (S)(HD)
12.05am Football on 5: The EFL Cup Highlights from the first round. (S)
1.00 SuperCasino 3.10 30 Stone But Can't Stop Eating (S)(R)(HD) **4.00 World's Most Pampered Pets** (S)(SL)(R)(HD) **4.45 HouseBusters** (S)(SL)(R) **5.10-6.00am House Doctor** Double bill of the series. (S)(SL)(R)

+1 hour | SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
No variations

N. IRELAND
Sky 972, Freesat 969
11.20pm Rhod Gilbert's Work Experience (S) **11.50** Rhod Gilbert's Work Experience **SERIES FINALE** (S) **12.20-12.50am** People Just Do Nothing **SERIES FINALE** (S)(AD)

WALES
Sky 971, Freesat 971
No variations

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
7.00am Cyw **1.00pm** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Dechrau Canu Dechrau Canmol **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Y Cosmos **4.00** Awr Fawr **5.00** Stwnsh: Sinema'r Byd **5.15** Stwnsh: Gogs **5.20** Stwnsh: Lois yn Erbyn Anni **5.30** Stwnsh: Llond Ceg **6.00** Pobol y Cwm (AD) **6.25** Newyddion S4C a'r Tywydd **6.30** Bro: Machynlleth (AD) **7.00** Heno **7.30** 04 Wal **8.00** Pobol y Cwm (AD) **8.25** Only Men Aloud **9.00** Newyddion 9 a'r Tywydd **9.30** Cadw Cwmni gyda John Hardy **10.00** Ffeit Gyntaf Amy **10.30-11.35pm** Creu Cymru Fodern

Today's listings for the *BBC's Olympic Channels* are on page 82

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Dinner Date (HD) **7.10** The Ellen DeGeneres Show (HD) **8.00** Emmerdale (HD)(AD) **9.00** You've Been Framed! Gold **9.30** Psych (HD) **10.20** Royal Pains (HD)
11.15 Dinner Date (HD) **12.15pm** Emmerdale (HD)(AD) **1.15** You've Been Framed! Gold **1.45** The Ellen DeGeneres Show (HD) **2.35-5.50** The Jeremy Kyle Show: Triple bill. (HD) **5.50** Take Me Out (HD) **7.00** You've Been Framed! Gold
8.00 Two and a Half Men 3/16. Alan hooks up with an ex-girlfriend. (HD) **8.30** 4/16. Charlie bonds with Chris. (Series 8) (HD)
9.00 Hell's Kitchen NEW EDITION 5/16. The teams create a holiday platter. (HD)
10.00 The Vampire Diaries NEW EPISODE *One Way or Another:* 18/22. Damon goes to Memphis. (Series 7) (HD)(AD)
10.55 Family Guy: Double bill. (HD)(AD) **11.55** American Dad! (HD)(AD) **12.50am** Two and a Half Men (HD) **1.40-2.30am** Hell's Kitchen: As 9.00pm. (HD)

+1 hour | SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am Jamie's 15 Minute Meals (HD)(AD) **9.35** A Place in the Sun: Winter Sun (HD) **10.35** Hugh's 3 Good Things: Best Bites (HD) **10.45 FILM** Crash Dive: Romantic wartime drama. (HD) (1943, U, 105min) ★★
12.55pm Time Team (HD) **3.05** A Place in the Sun: Winter Sun (HD) **5.15-7.55** Four in a Bed: Back-to-back editions. (HD)
7.55 Grand Designs A shed-like home built using industrial-style materials. (HD)(AD)
9.00 Selling Houses with Amanda Lamb NEW EDITION 3/9. Amanda helps three homeowners in Surrey compete to sell their properties. (HD)
10.00 8 Out of 10 Cats Does Countdown With Bob Mortimer, Richard Osman and Matthew Crosby. (HD)
11.05 Bodyshockers: Nips, Tucks and Tattoos (HD) **12.10am** Ramsay's Kitchen Nightmares USA **1.10** Selling Houses with Amanda Lamb (HD) **2.15** Bodyshockers: Nips, Tucks and Tattoos (HD) **3.25-3.35am** River Cottage Bites (HD)

+1 hour | SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Supergirl (HD) **7.00** The Flash (HD) **9.00** Futurama **10.00** Ninja Warrior **11.00** NCIS: Los Angeles (HD) **12.00noon** Hawaii Five-0 (HD)
1.00pm Supergirl (HD) **2.00** The Flash (HD) **4.00** Modern Family (HD) **5.00** The Simpsons (HD) **5.30** Futurama (AD) **6.30** The Simpsons (HD)
7.00 The Simpsons *Treehouse of Horror XXV:* (HD) **7.30** *Opposites A-frack:* Mr Burns launches a controversial fracking operation. (HD)
8.00 Don't Tell the Bride 3/6. A bride-to-be is hoping for a warm, cosy family wedding, but her cowboy-loving fiancé has a Wild West theme in mind. (HD)
9.00 Karl Pilkington: The Moaning of Life Karl aims to bag himself a vocation, meeting an 85-year-old inventor in Japan and a self-made millionaire in South Africa, before taking part in a fashion show in Los Angeles. (HD)(AD)
10.00 Bradley Wiggins: The Road to Rio Documentary charting the cyclist's preparations for the Olympic Games and reflecting on his career. (HD)
11.00 Premier League Years (HD) **1.00am** NCIS: Los Angeles (HD) **2.00** Limitless (HD)(AD) **3.00** Arrow (HD)(AD) **4.00** Road Wars (HD) **5.00-6.00am** Ninja Warrior

+1 hour | SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Hollyoaks (HD)(AD) **6.25** Coach Trip: Road to Ibiza (HD)(AD) **6.50** Melissa & Joey (HD)(AD) **7.10** How I Met Your Mother (HD)(AD) **8.05** Rules of Engagement (HD) **9.00** The Goldbergs (HD)(AD) **10.00** Baby Daddy (HD) **11.00** Charmed
1.00pm How I Met Your Mother (HD)(AD) **2.00** The Big Bang Theory (HD)(AD) **3.00** Baby Daddy (HD) **4.00** Melissa & Joey (HD)(AD) **5.00** The Goldbergs (HD)(AD) **6.00** The Big Bang Theory (HD)(AD) **7.00** Hollyoaks (HD)(AD)
7.30 Coach Trip: Road to Ibiza NEW EDITION A clear divide is forming within the group. (HD)(AD)
8.00 Jane the Virgin NEW EPISODE 21/22. Rogelio faces a challenge. (Series 2) (AD)
9.00 Containment NEW EPISODE *Like a Sheep Among Wolves:* 5/13. Lex and Dr Lommers disagree over how to organise a food drop within the cordon. (AD)
10.00 Supernatural NEW EPISODE *Red Meat:* 17/23. Sam is shot while the brothers rescue two victims. (Series 11)
11.00 The Big Bang Theory: Double bill. (HD)(AD) **12.00m't** Gogglebox (SL)(HD) **1.00am** First Dates (HD) **2.05** Rude Tube (HD) **2.30** Supernatural **3.15** Containment (AD) **4.00** Rules of Engagement (HD) **4.40-6.00am** Charmed (SL)

+1 hour | SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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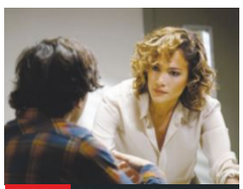
★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

WEDNESDAY Entertainment

Wednesday

Sky Living
SKY 107 HD 107/221 VIRGIN 112 HD 111

6.00am UK Border Force (HD) **8.00** House Hunters International (HD) **9.00-11.00** Nothing to Declare UK (HD) **11.00** RSPCA Animal Rescue (HD) **12.00noon** The Biggest Loser: Australia **1.00pm** Million Dollar Listing: NYC (HD) **2.00** Criminal Minds (HD) **4.00** UK Border Force (HD) **5.00** Nothing to Declare **6.30** Cooks to Market (HD) **6.45** My Kitchen Rules: Australia **NEW EDITION** (HD)



9.00 Shades of Blue

7 PM **My Kitchen Rules: Australia** (started at 6.45pm)

8 PM **8.00 Criminal Minds** *Zugzwang:* 12/24. The FBI profilers investigate when Reid's love interest Maeve is kidnapped. (Series 8) (HD)

9 PM **9.00 Shades of Blue** **NEW EPISODE** *Equal & Opposite:* 5/13. A drug lord tells Harlee he has some key information on Wozniak. (HD)

10 PM **10.00 Blindspot** *Split the Law:* 5/23. Jane gets flashbacks after meeting Weller's sister. (HD)

11.00 Criminal Minds (HD) **1.00am** Bones (HD) **3.00** Criminal Minds (HD) **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am Richard E Grant's Hotel Secrets (HD) **7.00** The British (HD) **8.00** Cold Case: Double bill. (HD) **10.00** The West Wing (Series 2) (HD) **11.00** House (HD) **12.00noon** Without a Trace (HD) **1.00pm** Blue Bloods (HD) **2.00** The Petrol Age (HD) **3.00** Cold Case: Double bill. (HD) **5.00** The West Wing: *Ellie:* 15/22. (Series 2) (HD) **6.00** House: *Occam's Razor:* 3/22. (Series 1) (HD)

8.00 Blue Bloods

7.00 Without a Trace *4.0:* 11/23. Jack and the team search for a missing girl who appears to be a model student at her school. (Series 3) (HD)

8.00 Blue Bloods *Moonlighting:* 9/22. A dangerous convict strikes a deal with Danny. (Series 2) (HD)

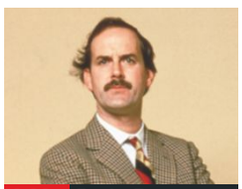
9.00 Game of Thrones *The North Remembers:* 1/10. Robb Stark marches south to avenge his father. (HD) **10.10** *The Night Lands:* 2/10. Theon is reunited with Balon on the Iron Islands. (Series 2) (HD)

11.20 Dexter (HD) **12.30am** The Sopranos (HD) **1.40** **FILM** The Enemy Within (1994, 15, 83min) ★★ (HD) **3.20** Veep (HD) **4.00** Richard E Grant's Hotel Secrets (HD) **5.00-6.00am** The British (HD)

+1 hour SKY 170

GOLD
SKY 110 VIRGIN 124

7.00am Outnumbered **7.30** The Brittas Empire **8.10** My Hero **8.50-10.50** Last of the Summer Wine: Triple bill. **10.50am-12.50pm** The Green Green Grass: Triple bill of the series. **12.50pm** Outnumbered **1.30** The Brittas Empire **2.10** My Hero **2.50-4.50** Last of the Summer Wine: Triple bill. **4.50** Creature Comforts **5.00** Only Fools and Horses **5.40** Gavin & Stacey: Double bill.



9.00 Fawlty Towers

7.00 Only Fools and Horses The Trotters journey to Holland to dabble in the diamond import business – with old foe Inspector Slater hot on their trail. Guest stars Jim Broadbent.

9.00 Fawlty Towers Basil goes behind Sybil's back to save money on alterations to the hotel. **9.45 Come Fly with Me** An 80-year-old woman takes her first flight. **10.25 Fawlty Towers** Basil tries to stop an unmarried couple lowering standards.

11.10 Absolutely Fabulous **11.50** Come Fly with Me **12.30am** The Young Ones **1.15** Cheers **1.45** Bewitched **2.15** Absolutely Fabulous **2.50** The Young Ones **3.30-4.00am** Cheers

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 VIRGIN 127 HD 194 F'VIEW 12

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Red Bull Soapbox Race (HD) **9.00** Lizard Lick Towing (HD) **10.00** American Pickers **11.00** Storage Hunters UK (HD) **11.30** Storage Hunters (HD) **12.00noon** Top Gear **1.00pm** American Pickers (HD) **3.00** World's Most Dangerous Roads (HD) **4.00** Lizard Lick Towing (HD) **5.00** Red Bull Soapbox Race (HD) **6.00** Top Gear

8.00 QI XL

7.00 American Pickers Mike is impressed by a vintage caravan and a totem pole when he and Frank examine a veteran collector's hoard. (HD)

8.00 QI XL Jo Brand, Graham Linehan, Jimmy Carr and Alan Davies answer Stephen Fry's questions on the topic of knowledge. (HD)

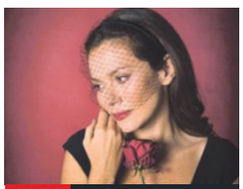
9.00 Would I Lie to You? With Mel Giedroyc, Bob Mortimer, Adil Ray and Kian Egan. (HD) **9.40 Mock the Week** With guests Gary Delaney, Miles Jupp and Nathan Caton. (HD) **10.20 QI** With David Mitchell, Dara O Briain and Phill Jupitus.

11.00 QI **11.40** Would I Lie to You? (HD) **12.20am** Mock the Week (HD) **1.00** QI **2.20** Mock the Week **3.00-4.00am** Red Bull X-Fighters (HD)

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 VIR 117 HD 177 F'VIEW 10 F'SAT 115

6.00am Doctor in the House **6.25** Heartbeat **7.30** Where the Heart Is **8.30** The Royal **9.35-10.55** Judge Judy: Triple bill. (HD) **10.55** Murder, She Wrote (HD) **11.55** Love Your Garden (HD) **1.00pm** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.10** Doctor in the House **4.45** Rising Damp **5.15** George and Mildred **5.50** Heartbeat **6.50** Murder, She Wrote: *Death Casts a Spell.* (HD)



10.00 Without You

7.55 Foyle's War *Among the Few:* Sam and Foyle are shot at and almost run over by a speeding vehicle – and an undercover investigation reveals the detective's son Andrew to be involved.

10.00 Without You 3/3. Ellie is taken by surprise when Hugo turns up and offers her a clue that unlocks what happened on the night of Greg's death. (HD)

11.00 Wire in the Blood (Series 3) **12.35-2.25am** Inspector Morse (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 VIR 118 HD 178 F'VIEW 24 F'SAT 117

6.00am Magnum, PI (HD) **6.50** Gunsmoke **7.45** The Sweeney **8.45** Ironside **9.50** Quincy ME (HD) **10.55** Magnum, PI (HD) **11.55** Gunsmoke **1.00pm** Pawn Stars: Double bill. (HD) **2.00** Storage Wars: Double bill. (HD) **2.55** The Sweeney **3.55** Quincy ME (HD) **5.00** Ironside: *Love My Enemy:* Mark and the Chief travel to France. **6.00** Storage Wars: Double bill. (HD)

10.00 TT Blues

7.00 Pawn Stars The guys check out a Gatling machine gun. (HD) **7.30** The guys check out a motorbike once owned by Steve McQueen. (HD)

8.00 British Superbike Championship Highlights James Haydon presents action from the seventh round at Brands Hatch. (HD)

9.00 The Motorbike Show **NEW EDITION** The California-based Brit who is reviving the American chopper. (HD)

10.00 TT Blues **NEW EDITION** Heavy fog threatens the last 2016 TT race. (HD)

11.00 **FILM** The Deer Hunter: Drama starring Robert De Niro. Includes *FYI Daily* at 12.05. (HD) (1978, 18, 183min) ★★★★★ **2.40-2.50am** Movies Now (HD)

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 VIRG 160

6.00am Animal House **7.00** The Steve Wilkos Show **8.00** Jerry Springer **9.00** Four Weddings **10.00** The Biggest Loser: Australia **11.00** Nothing to Declare **12.00noon** America's Next Top Model **1.00pm** The Biggest Loser: Australia **2.00** Four Weddings **3.00** Obese: A Year to Save My Life USA **4.00** 60 Minute Makeover **5.00** The Steve Wilkos Show **6.00** Obese: A Year to Save My Life USA **7.00-9.00 Nothing to Declare** Triple bill. **9.00-11.00 Police Force: Australia** Four editions. **11.00** Sexcetera **12.00m't** Most Shocking **1.00am** Eurotrash: The Sexy Bits **1.30** Red Shoe Diaries **2.00** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 VIRG 121

6.00am Stop, Search, Seize **8.00** 60 Minute Makeover **9.00** Ninja Warrior **10.00** Robot Wars Extreme **11.00** Monkey Life **12.00noon** Greggs: More Than Meats the Pie **1.00pm** Robot Wars Extreme **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter **4.00** Danger Dogs **5.00** Stargate SG-1 **6.00** Relic Hunter **7.00 A Town Called Eureka** (Series 4) **8.00 Arrow** *Dodger:* 15/23. (Series 1) **9.00 Supergirl** (Series 1) **10.00 DC's Legends of Tomorrow** (Series 1) **11.00** The Force: Manchester **1.00am** Supergirl **2.00** DC's Legends of Tomorrow **3.00** Ninja Warrior **4.00** Robot Wars Extreme **5.00-6.00am** Andromeda (Series 1)

Pick
SKY 152 VIRG 123 F'VIEW 11 F'SAT 144

6.00am 60 Minute Makeover **7.00** Most Haunted **8.00** Sixth Sense with Colin Fry **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12.00noon** Border Security: Canada's Front Line **1.00pm** 60 Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** The Dog Whisperer **5.00** Monkey Business **6.00** A Town Called Eureka **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Bones **10.00** Criminal Minds **11.00** Brit Cops: Rapid Response **12.00m't** Police Force: Australia **1.00am** Road Wars **2.00** Most Shocking **3.00** Bones **4.00** Motorway Patrol **4.30** Highway Patrol **5.00-6.00am** Road Wars

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 VIRG 156

7.00am Kourtney & Khloe Take Miami **8.00** News **8.30** Botched **9.00** Keeping Up with the Kardashians **11.00** Total Divas **12.00noon** News **12.30pm** Botched **1.00** Jerseylicious **2.00** Just Jillian **3.00** Christina Milian Turned Up **4.00** Total Divas **5.00** Keeping Up with the Kardashians **7.00 News** **7.30 Botched** **8.00 Keeping Up with the Kardashians** **9.00 Famously Single** Pauly takes Aubrey out. **10.00 Botched** **11.00** News **11.30** Botched **12.00m't** Total Divas **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** I Am Cait **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 VIRG 126 HD 200

7.00am Diagnosis Murder **8.00** Murdoch Mysteries (HD) **10.00** Sue Thomas: F.B.Eye **11.00** Castle (HD) **12.00noon** Rizzoli & Isles (HD) **1.00pm** Diagnosis Murder **2.00** Sue Thomas: F.B.Eye **3.00** Murdoch Mysteries (HD) **5.00** Castle (HD) **6.00** Rizzoli & Isles (HD) **7.00 Crossing Lines** 6/10. (Series 1) (HD) **8.00 Castle** *Hedge Fund Homeboys:* 3/10. An 18-year-old drug dealer is found dead. (Series 1) (HD) **9.00 Father Brown** *The Laws of Motion:* A day out at a local hill climb track ends in disaster. (HD) **10.00 Rosewood** (HD) **11.00** Crossing Lines (HD) **12.00m't** Perception (HD) **1.00-3.40am** Ripper Street (Series 1)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 VIR 119 HD 179 F'VIEW 26 F'SAT 118

9.00am Be Beautiful (HD) **9.10** The Only Way Is Essex (HD) **10.00** Who's Doing the Dishes? (HD) **11.00** Flipping Out (HD) **12.00noon** Buying and Selling (HD) **1.00pm** Dinner Date (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City **4.00** The Real Housewives of Cheshire (HD) **6.00** Dinner Date (HD) **7.00** Buying and Selling (HD) **8.00** Dinner Date **NEW EDITION** (HD) **9.00** Elliott Wright: Playa in Marbella **NEW EDITION** (HD) **10.00** The Only Way Is Essex **NEW EDITION** (HD) **10.50** Married to Medicine: Jackie calls for a group intervention. (HD) **11.50pm-12.50am** Elliott Wright: Playa in Marbella (HD)

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

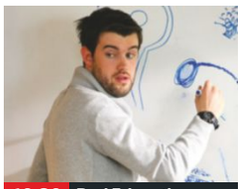
6.00am Robin of Sherwood **6.55** Always and Everyone **7.50** Upstairs, Downstairs **8.50** The Casebook of Sherlock Holmes (HD) **9.45** Heartbeat **10.50** The Grand **11.55** Peak Practice **1.00pm** Robin of Sherwood **2.10** Always and Everyone **3.10** Heartbeat **4.20** Upstairs, Downstairs **5.30** The Casebook of Sherlock Holmes (HD) **6.40** Agatha Christie's Poirot (HD) **9.00 Marcella** 7/8. Mo confronts Marcella after finding his brother. (HD) **10.00 Vera** *Muddy Waters:* A body is dredged up from a slurry pit. (HD) **12.05am** DCI Banks (HD) **2.10** Titanic (HD) **3.05** Kingdom **4.00** Upstairs, Downstairs **5.00-6.00am** The Casebook of Sherlock Holmes

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle: Double bill. (HD) **9.00** That '70s Show: Double bill. **10.00** Bob's Burgers (HD)
11.00am-2.00pm Friends: Back-to-back episodes of the comedy. (HD) **2.00pm** Impractical Jokers (HD)
3.00-7.00 Friends: Back-to-back episodes, including at: **6.30** 3/24 Monica tries to re-create a secret recipe belonging to Phoebe's grandmother. (Series 7) (HD)


10.30 Bad Education

7.00 Friends 4/24. Joey's TV show is cancelled after only one episode. (HD) **7.30** 5/24. Joey takes Tag out on the town. (Series 7) (HD)
8.00 Impractical Jokers Clips of four Joker v Joker challenges. (HD) **8.30** The guys must do what they are told while getting massages. (HD)
9.00 Live at the Apollo Sean Lock introduces routines by Romesh Ranganathan and Marcus Brigstocke. (HD)
10.00 Rob Beckett at the Comedy Store (HD) **10.30** Bad Education (HD) **11.00** Impractical Jokers (HD) **11.30** Workaholics (HD) **12.00m't** Impractical Jokers (HD)
12.30am The Daily Show (HD) **1.00** South Park (HD) **2.00** Russell Howard's Stand Up Central (HD) **2.30** Drunk History (HD) **3.00** Comedy Central at the Comedy Store (HD) **3.50-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Buffy the Vampire Slayer: Double bill. **8.00** Teleshopping **11.00** Star Trek: Voyager **12.00noon** Star Trek: The Next Generation
2.00pm FILM Airplane vs Volcano: Disaster thriller. (2014, 15, 91min) ★ **4.00 FILM** Earthfall: Sci-fi thriller. (2015, 12, 89min) ★★
6.00 Star Trek: The Next Generation: *In Theory:* 25/26. Data experiments with his emotions. (Series 4)

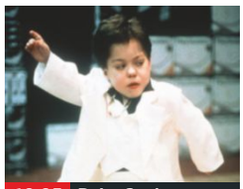
7.00 Star Trek: TNG

7.00 Star Trek: The Next Generation *Redemption – Part One:* 26/26. War threatens the Klingon empire. (Series 4)
8.00 Killjoys *Wild, Wild Westerley:* 2/10. Reunited with D'avin, the team hunts escaped convicts in Old Town's ruins. (Series 2)
9.00 Dark Matter *We Should Have Seen This Coming:* 6/13. Strapped for cash, the Raza's crew follows Nyx's lead on an operation. (Series 2)
10.00 FILM Death Race: Inferno Sci-fi thriller starring Luke Goss. (2012, 18, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10am Fact or Faked: Paranormal Files **1.10** Star Trek: Voyager **2.10** Star Trek: The Next Generation **4.10-6.00am** Quantum Leap

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.10am MasterChef Australia: The Professionals (HD) **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home (HD) **10.00** The Bill
11.00 Tipping Point: Double bill. (HD) **1.00pm** Judge Faith **NEW EDITIONS** Double bill. (HD) **2.00** Traffic Cops
2.40 Extreme Makeover: Home Edition **3.40** My Dream Home (HD) **5.40** Tipping Point (HD) **6.40** Extreme Makeover: Home Edition

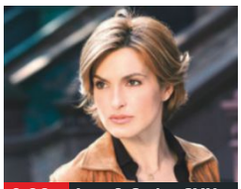

10.05 Baby Geniuses

7.40 Celebrity MasterChef The hopefuls cook sausages and onion gravy in just 20 minutes, and then prepare lunch for 120 students at the Royal College of Music. (HD)
9.00 In the Club 4/6. Kim feels the pressure as she, Rosie and baby Dinah stay at Neil's flat. (Series 1) (HD)
10.05 FILM Baby Geniuses Family comedy with Kathleen Turner. (HD) (1999, PG, 94min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00m't Derren Brown: Trick or Treat **12.35** Atlantis (HD) **2.25-3.00am** Doctor Who: The Doctors Revisited (HD)

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am CSI: Miami (HD) **7.00** Teleshopping **8.00** CSI: Miami: Double bill. (HD)
10.00am-2.00pm Law & Order: Back-to-back episodes, including at: **1.00pm** *Excalibur:* 18/18. A jeweller's murder is linked to a prostitution business. (Series 18) (HD)
2.00-7.00pm NCIS: Back-to-back episodes, including at: **6.00** *Agent Afloat:* 2/25. A lieutenant's wife is found murdered. (Series 6) (HD)

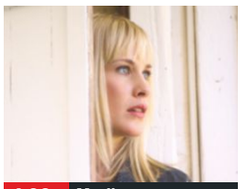

9.00 Law & Order:SVU

7.00 NCIS *Capitol Offence:* 3/25. Gibbs receives a call from an old friend who claims he is being framed for murder. (Series 6) (HD)
8.00 Major Crimes *Turn Down:* 4/23. On his first day as a reserve officer, Buzz uncovers a dead body in a hotel bath. (Series 4) (HD)
9.00 Law & Order: Special Victims Unit *Scavenger:* 4/23. A serial killer leaves clues about his next targets scattered around the city. (HD)
10.00 *Conscience:* 6/23. A boy is killed by a psychiatrist. Guest stars Kyle MacLachlan. (Series 6) (HD)
11.00 Law & Order: Special Victims Unit (HD) **2.00am** Major Crimes (HD) **3.00** Numb3rs (HD) **5.00-6.00am** CSI: Miami (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Law & Order: Criminal Intent (Series 1) (HD) **9.00** Medium: Double bill. (HD) **11.00** The Closer: Double bill. (Series 3) (HD)
1.00pm NCIS: Double bill of the series. (Series 9) (HD) **3.00** Medium: Double bill of the series. (Series 2) (HD)
5.00 The Closer: *Blindsided:* 9/15. (HD) **6.00** *Culture Shock:* 10/15. The leader of a tour company is found murdered. (Series 3) (HD)

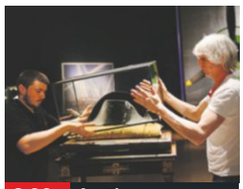

4.00 Medium

7.00 NCIS *The Good Son:* 19/24. Vance's brother-in-law is linked to a murder, and Gibbs is put under pressure to clear the man's name. (HD)
8.00 *The Missionary Position:* 20/24. Ziva and Tony try to rescue a US Navy chaplain kidnapped by Colombian rebels. (Series 9) (HD)
9.00 Family Guy Chris dates Jerome's daughter Pam. (HD) **9.30** Meg parties with Peter when he takes her to a college. (HD)
10.00 American Dad! Stan travels back in time to save Christmas. **10.30** Stan meets his hero – George W Bush.
11.00 Family Guy **12.00m't** American Dad! (HD) **1.00am** Wayward Pines (HD) **3.00** Family Guy **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Highlights **9.00** Discovering: Anthony Quinn (HD) **10.00** Matthew Bourne's The Car Man (HD) **11.45** Neil Young: A MusiCares Tribute (HD) **1.00pm** Tales of the Unexpected
2.00 Talks Music (HD) **3.00** Saint-Saens & Schubert: Bertrand (HD) **4.35** Classical Destinations (HD) **4.45** Art Blakey and the Jazz Messengers: Live in '58 **6.00** Celebrity Exposed (HD) **6.30** Royalty Close Up (HD)


8.00 Auction

7.00 Master of Photography 3/8. The contestants arrive in Rome, where they are challenged to take pictures of the human body. (HD)
8.00 Auction NEW EDITIONS 5/10. The Hospices de Beaune wine auction. (HD) **8.30** 6/10. Eight rare Brough motorbikes. (HD)
9.00 Dean Martin: A Legend in Concert A collection of performances by singer, actor and comedian Dean Martin.
10.00 The South Bank Show Originals NEW EDITIONS (HD)
11.00 Dag **NEW EPISODES** 3&4/10. (HD) **12.00m't** Hollywood: Singing and Dancing **1.15am** Trailblazers: Heavy Metal (HD) **2.15** Monty Python: Almost the Truth (HD) **3.30** Dmitri Shostakovich: A Man of Many Faces **4.45-6.00am** National Trust: National Treasures (HD)

Wednesday

7 PM | 8 PM | 9 PM | 10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

9.00am JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00noon** Star Trek
1.00pm Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek (Series 1)
7.00 MacGyver *Legend of the Holy Rose – Part One:* 1/21. (Series 5)
8.00 Star Trek: Deep Space Nine *Crossover:* 23/26. Kira and Bashir enter another dimension. (Series 2)
9.00 NCIS *Endgame:* 7/24. An assassin threatens Vance's family. (Series 7)
10.00 Bad Girls 11/18. Bev adjusts to life back in Larkhall. (Series 7)
10.50 Walker, Texas Ranger (Series 5)
11.45 NCIS (Series 2) **2.30am** The Streets of San Francisco **3.35** Walker, Texas Ranger **4.20-6.00am** Flashpoint

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12.00noon** Judge Judy
1.00pm The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI **6.00** Dr Quinn: Medicine Woman
7.00 Heir Hunters A son who can't inherit his father's money.
8.00-10.00 Judge Judy Back-to-back editions of real-life small-claims cases on issues affecting family life, presided over by former New York judge Judy Sheindlin.
10.00 Cheaters Exposing unfaithful partners.
11.00 Cheaters **12.00m't** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45-5.00am** The High Chaparral

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00-11.30am Come Dine with Me (HD) **11.30** Meet What You Eat (HD) **12.00noon** The Question Jury (HD) **1.00pm** Inside Out Homes (HD) **2.00** Phil: Secret Agent Down Under (HD) **3.00** Grand Designs Australia (HD)
4.00 Couples Come Dine with Me (HD) **5.00** Double Your House for Half the Money (HD) **6.00** Phil: Secret Agent Down Under (HD) **7.00** Come Dine with Me (HD) **8.00** Location, Location, Location (HD) **9.00** Gogglebox (HD)
10.00 First Dates (HD) **11.05** Naked Attraction (HD) **12.05am** Walking the Himalayas (HD) **1.05** The World's Weirdest Weather (HD) **2.00** One Born: What Happened Next? (HD) **2.55** The Three Day Nanny (HD) **3.50-4.50am** Couples Come Dine with Me (HD)

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **10.00** Access **10.10** Jane Doe: How to Fire Your Boss: Murder mystery.
12.00noon CSI: NY **1.00pm** NCIS **2.00** Person of Interest **4.00** NCIS **5.00** CSI: NY **6.00** CSI: Miami
7.00 NCIS *Requiem:* 7/19. Gibbs tries to protect one of his dead daughter's friends. **8.00** *Designated Target:* 8/19. An admiral is murdered. (Series 5)
9.00 Chicago Fire *A Hell of a Ride:* 24/24. (Series 1)
10.00 Law & Order: Special Victims Unit *Lunacy:* 4/22. (Series 10)
11.00 CSI: Miami **11.55** CSI: NY **12.50am** CSI: Miami **1.50** Person of Interest **3.30** True Crimes: The First 72 Hours **3.55-4.00am** Access

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.25** That '70s Show **9.15 FILM** Alvin and the Chipmunks: Chipwrecked (2011, U) ★★ **11.00** That '70s Show **12.00noon** My Wife and Kids **1.00pm** Dance Moms Launch Special **1.55** Access **2.00** Celebrity Big Brother: Live Eviction
3.00 Neighbours **3.30** Home and Away **4.00** 8 Simple Rules... **5.00** Celebrity Big Brother: Live Eviction **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** 100% Hotter
9.00 Body Freaks: Old Face, New Face **10.00** When Kids Kill **11.00** Autopsy: Whitney Houston's Last Hours **12.00m't** Celebrity Big Brother: Live from the House **1.00am** Teen Wolf **2.50** Top 20 **3.30** Ridiculousness **3.55-4.00am** Access

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12.00noon** The Avengers (Series 4)
1.00pm McBride: It's Murder, Madam **3.00** Danielle Steel's Message from Nam **5.00** Highway to Heaven **6.00** Touched by an Angel (Series 8)
7.00 M*A*S*H Double bill.
8.00 The Avengers *What the Butler Saw:* 22/26. Steed roots out a traitor. (Series 4)
9.00 FILM My Son is Innocent Legal drama. (1996, PG, 90min) ★★
11.00 FILM Mom at Sixteen: Drama starring Mercedes Ruehl. (2005, PG, 90min) ★★ **1.00-3.00am FILM** The Pursuit of DB Cooper: Fact-based thriller. (1981, 15, 96min) ★★

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am The Bill **8.00** Sharpe **10.00** Lovejoy **11.00** The Bill **1.00pm** Last of the Summer Wine
1.40 Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe **5.00** Lovejoy **6.00** Brush Strokes **6.40** Last of the Summer Wine
7.20 Whatever Happened to the Likely Lads? Thelma goes to live with her mother.
8.00 Cadfael *The Virgin in the Ice – Part One:* The sleuth sets out to clear his novice Oswin of murdering a nun whose body has been found frozen in a block of ice.
9.00 Judge John Deed *Judicial Review:* 2/4. John accuses Everard of corruption. (Series 3)
11.00 Birds of a Feather **11.40** The Bill **12.40am** Lovejoy **1.40** The Indian Doctor **2.35** Cadfael **3.20-4.00am** Birds of a Feather

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM Just Like Heaven: Romantic fantasy starring Reese Witherspoon and Mark Ruffalo. (2005, PG, 95min) ★★★★
7.00 Grey's Anatomy *Yesterday:* 18/27. A figure from Derek and Addison's past arrives in Seattle. **8.00** *What Have I Done to Deserve This?* 19/27. Meredith and George suffer morning-after tension. (Series 2)
9.00 Breaking Bad *Salud:* 10/13. Gus travels to Mexico to complete his deal with the cartel. (Series 4)
10.00 The Shield *Coyotes:* 10/13. The Farm's future is threatened. (Series 2)
11.00 FILM Reindeer Games: Thriller. (2000, 15, 105min) ★★★ **1.05am** Big Screen **1.30** Rectify **3.30-5.30am** Grey's Anatomy: Double bill.

CBS Reality

SKY 146 VIRGIN 148 F'VIEW 66 F'SAT 135

9.00am Judge Judy **10.00** Unsolved Mysteries: Double bill. **12.00noon** The Super
1.00-3.00pm Judge Judy: Back-to-back editions. **3.00** It's a Miracle with Roma Downey **5.00-7.00** Judge Judy: Back-to-back editions.
7.00 Medical Detectives Double bill of the series.
8.00 Troubled Teens: Jail Shock Placing at-risk teens in a programme to steer them away from a life of crime.
9.00 Stalkers Who Kill What happens when relationships go bad and one partner becomes obsessive.
10.00 Snapped: Killer Couples
11.00 Medical Detectives **12.00m't** I Survived **1.00am** Stalkers Who Kill **2.00** Snapped: Killer Couples **3.00** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 VIRG 201 F'VIEW 67 FSAT 136

Challenge

SKY 145 VIRGIN 139 F'VIEW 46 F'SAT 146

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase: Double bill. **9.00** Pointless **10.00** Deal or No Deal: Double bill. **11.30** Dale's Supermarket Sweep
12.00noon Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase: Double bill. **2.00** Pointless **3.00** The Chase **4.00** The Chase USA **5.00** Total Wipeout **6.00** Robot Wars
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong.
9.00 The Chase Quiz show hosted by Bradley Walsh.
10.00 Classic Who Wants to Be a Millionaire? Quiz.
11.00pm-1.00am Bullseye: Back-to-back editions. **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars **5.00-6.00am** Are You Smarter Than a 10 Year Old?

+1 hour SKY 164 VIRG 180 FSAT 147

Comedy Central Extra

SKY 128 VIRGIN 182

9.00-11.00am Friends: Back-to-back editions. **11.00** Two and a Half Men **12.00noon** Malcolm in the Middle **1.00pm** Impractical Jokers
2.00 The Middle: Double bill. **3.00** Malcolm in the Middle: Double bill. **4.00** Bob's Burgers: Double bill. **5.00** Two and a Half Men: Double bill. **6.00** That '70s Show
7.00 Malcolm in the Middle Double bill. (Series 4)
8.00-10.00 Bob's Burgers Back-to-back episodes.
10.00 Impractical Jokers
11.00 Friends **12.00m't** Idiotsitter **12.30am** Bob's Burgers **1.00** Broad City **1.30** The Alternative Comedy Experience **2.00** The Daily Show **2.30** Workaholics **3.00** Broad City **3.25** Bob's Burgers **3.50** Sir Leslie Quint: A Life in Film **3.55** South Park **4.20-6.00am** The King of Queens: Four episodes.

+1 hour SKY 159

DMax

SKY 167 VIRGIN 170

6.00am Operation Repo **7.00** Custom My Ride **8.00** Tanked **9.00** American Chopper: Senior Versus Junior: Double bill. **11.00** Misfit Garage
12.00noon Operation Repo: Double bill. **1.00pm** Trawler Wars **2.00** Mythbusters **3.00** Food Factory **4.00** Tanked **5.00** Gold Divers: Under the Ice **6.00** Yukon Men
7.00 Alaska: The Last Frontier The Kilchers enjoy the fruits of their year-long labour.
8.00 Food Factory Double bill.
9.00 Insane Pools: Off the Deep End Building a waterfront paradise.
10.00 Property Wars
11.00 Yukon Men **12.00m't** American Chopper: Senior Versus Junior **2.00am** Custom My Ride **3.00** Operation Repo **3.50** Misfit Garage **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour SKY 233 VIRG 171

Food Network

SKY 248 VIRGIN 291 F'VIEW 41 F'SAT 148

6.00am Barefoot Contessa – Back to Basics **7.00** Anna Olson: Fresh **8.00** Private Chef **9.00** The Pioneer Woman **10.00** Jenny Morris Cooks the Riviera **11.00** Forever Summer with Nigella **12.00noon** Jamie's 15 Minute Meals
1.00pm Barefoot Contessa **2.00** Australian Food Adventures **3.00** The Pioneer Woman: Double bill. **4.00** Private Chef **NEW EDITIONS** Double bill. **5.00** Ace of Cakes: Double bill. **6.00** Siba's Table **NEW EDITIONS**
7.00 Jamie's 15 Minute Meals: Double bill. **8.00** Diners, Drive-Ins and Dives **9.00** Mystery Diners **10.00** Restaurant: Impossible **11.00** Bizarre Foods America **NEW EDITION 12.00m't** Diners, Drive-Ins and Dives **1.00am** Restaurant: Impossible **2.00-3.00am** Mystery Diners

+1 hour SKY 250 FSAT 149

Good Food

SKY 133 HD 133/255 VIRG 278 HD 280

6.00am Highlights **9.00** The Great Sport Relief Bake Off (HD) **10.00** World's Best Restaurants (HD) **11.00** MasterChef USA (HD) **12.00noon** Hairy Bikers' Mississippi Adventure (HD)
1.00pm Nigel Slater's Simple Suppers (HD) **1.30** Jamie's 30 Minute Meals (HD) **2.00** The Great Sport Relief Bake Off (HD) **3.00** World's Best Restaurants (HD) **4.00** MasterChef USA (HD) **5.00** Hairy Bikers' Mississippi Adventure (HD) **6.00** Nigel Slater's Simple Suppers (HD) **6.30** Jamie's 30 Minute Meals (HD) **7.00** The Great Sport Relief Bake Off (HD)
8.00 World's Best Restaurants (HD) **9.00** MasterChef USA (HD) **10.00** Hairy Bikers' Mississippi Adventure (HD) **11.00** The Great Sport Relief Bake Off (HD) **12.00m't-6.00am** Highlights

+1 hour SKY 243 VIRG 279

Home

SKY 196 VIRGIN 281 F'VIEW 25

7.00am Homes Under the Hammer **8.00** Flog It! **9.00** DIY SOS: Double bill. **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea
12.00noon Homes Under the Hammer **1.00pm** Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00** Flog It!
7.00 Homes Under the Hammer Three semi-detached properties.
8.00 DIY SOS Double bill.
9.00 A Place in the Sun: Home or Away Properties in Portugal and North Yorkshire.
10.00 Fantasy Homes by the Sea From East Sussex.
11.00 Escape to the Country **12.00m't** DIY SOS: Double bill. **1.00am** Flog It! **2.00** Homes Under the Hammer **3.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 VIRG 282

Home & Health

SKY 240 VIRGIN 284

6.00am Deliver Me **7.00** Quints by Surprise **8.00** Midwives: Double bill. **9.00** Extreme Cheapskates **10.00** Cowboy Builders **11.00** Homes Under the Hammer
1.00pm Extreme Cheapskates **2.00** Cowboy Builders **3.00** Homes Under the Hammer **5.00** Deliver Me **6.00** Deliver Me: Home Edition: Double bill.
7.00 Lottery Changed My Life
8.00 Four Weddings US An alcohol-themed reception.
9.00 Gypsy Sisters Nettie and Kayla both want to plan Melli's wedding.
10.00 Sex Sent Me to the ER A man receives a nasty Valentine's Day surprise.
11.00 I Didn't Know I Was Pregnant **12.00m't** Monsters Inside Me **1.00am** Four Weddings US **2.00** Gypsy Sisters **3.00** Sex Sent Me to the ER **4.00-6.00am** Homes Under the Hammer

+1 hour SKY 241 VIRG 285

Lifetime

SKY 156 HD 156/236 VIRG 208 HD 209

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12.00noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD)
7.00 Judge Judy NEW EDITIONS Double bill. (HD)
8.00 Judge Judy Double bill of small-claims cases. (HD)
9.00 Little Women: NY NEW EDITION DJ asks Jason to move in with him. (HD)
10.00 The Joy of Sex Toys (HD)
12.00m't Little Women: NY (HD) **1.00am** The Joy of Sex Toys (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20-6.00am** Hardcore Pawn (HD)

+1 hour SKY 197

Quest

SKY 144 VIRG 172 F'VIEW 37

6.00am The Great Rod Race **6.20** Total Fishing with Matt Hayes **7.10** Scrapheap Challenge **8.00-10.00** How It's Made: Back-to-back editions. **10.00** Wheeler Dealers: On the Road
11.00 Fifth Gear **12.00noon** Mega Shippers **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: A Profile **5.00** World War Two: The Complete History **6.00** Bear Grylls: Born Survivor
7.00 Salvage Hunters
9.00 James May's Toy Stories
10.00 Wheeler Dealers Mike buys an old Range Rover Mk3.
11.00 Destroyed in Seconds **12.00m't** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00-6.00am** Scrapheap Challenge

+1 hour SKY 195 VIRG 173 F'VIEW 38

Really

SKY 155 VIRGIN 129 F'VIEW 17 F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes Under the Hammer **12.00noon** DIY SOS **1.00pm** Bargain Hunt
2.00 Escape to the Country **3.00** Antiques Road Trip **400** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes Under the Hammer
7.00 Escape to the Country Double bill of the series.
9.00 NEW SERIES Countdown to Murder The murder of former *EastEnders* actress Gemma McCluskie.
10.00 The OAP Killer: First Kill, Last Kill David Wilson examines the crimes of serial killer Kenneth Erskine.
11.00 Cold Justice **12.00m't** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00-6.00am** The Clothes Show: Triple bill.

Shed

SKY 242 VIRGIN 286

6.00-8.00am Off the Hook: Extreme Catches: Back-to-back editions. **8.00** Total Fishing with Matt Hayes **9.00** Thinking Tackle: Double bill. **11.00** Mythbusters
1.00-3.00pm Off the Hook: Extreme Catches: Back-to-back editions. **3.00** Total Fishing with Matt Hayes: Double bill. **4.00** Thinking Tackle **6.00** Property Wars
7.00 Overhaulin' Improving an Oldsmobile 444. **8.00** The team helps a man to restore his dream car – a 1966 Le Mans.
9.00 Moonshiners Tim and Tickle plan a bootleg run and a midday transfer. **10.00** Tim and Tickle attract the attention of the police.
11.00 Manhunt **12.00m't** What Happened Next? **1.00am** Destroyed in Seconds **2.00** Thinking Tackle **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 VIRGIN 193

7.00am 'Til Death: Double bill. **8.00** Soldier, Soldier: Double bill. **10.00** Saving Hope
12.00noon FILM Touching Wild Horses: Equine drama starring Jane Seymour. (2002, PG, 91min) ★★ **2.00pm** Saving Hope **3.00-7.00** Celebrity Ghost Stories: Back-to-back editions.
7.00 Saving Hope (Series 3)
8.00 The Night Shift (Series 1)
9.00 Younger NEW EPISODES *Jersey, Sure:* Liza is reluctant to accept a dinner invitation from an old New Jersey friend. **9.30** *Un-jaded:* Liza and Kelsey's hip new client Jade proves troublesome. (Series 2)
10.00 Satisfaction *Through Family:* Adriana's maternal instincts kick in. (Series 2)
11.00 Will & Grace: Double bill. **12.00m't** The Night Shift **1.00-4.00am** Celebrity Ghost Stories: Triple bill.

+1 hour SKY 181

Spike

SKY 160 F'VIEW 31 F'SAT 141

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers
12.00noon Police Interceptors: Double bill. **2.00pm FILM** Hour of the Gun: Western. (1967, PG, 101min) ★★★ **4.00** Police Interceptors **5.00** Eddie Stobart: Trucks and Trailers **6.00** Police Interceptors: Double bill.
8.00 Police Interceptors: Fast & Furious A pursuit ends in a fireball for Damo and Nyci.
9.00 NEW SERIES Manhunt: Kill or Capture Part-dramatised true crime documentary series.
10.00 The X-Files *Bung Honey:* 10/20. Scully investigates a case of witchcraft. (Series 5)
11.00 FILM Crank: High Voltage: Thriller. (2009, 18, 91min) ★★★ **12.45am** Beware: Robbers on the Rampage **1.45** 19-2 **NEW EPISODE 2.45-3.00am** Access

TLC

SKY 125 HD 125/234 VIRG 167 HD 168

6.00am Highlights **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **NEW EDITION 11.00** Hoarding: Buried Alive (HD)
12.00noon Extreme Couponing Special: Midnight Madness (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: The Next Great Baker (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD)
6.00 Say Yes to the Dress (HD) **8.00** Whitney: Fat Girl Dancing **NEW EDITION** (HD) **9.00 NEW SERIES** Sweet 15: Quinceañera (HD) **10.00** Mistresses **NEW EPISODE** (HD) **11.00** Devious Maids (HD) **12.00m't** Whitney: Fat Girl Dancing (HD) **1.00am** Sweet 15: Quinceañera (HD) **2.00-6.00am** Highlights

+1 hour SKY 154 VIRG 169

TruTV

SKY 198 VIRGIN 212 F'VIEW 68 F'SAT 154

6.00-9.00am Psychic Detectives: Back-to-back editions. **9.00am-7.00pm** Body of Evidence: Back-to-back editions of the series.
7.00pm Passport to Murder A wife who shot her husband to claim on his insurance. **8.00** An American couple whose Hong Kong holiday turned murderous.
9.00 America's Got Talent Simon Cowell, Howie Mandel, Mel B and Heidi Klum are joined by George Lopez as the Judge Cuts continue, choosing who they want to go through to the next round.
11.00pm-1.00am Caught Red Handed: Back-to-back editions. **1.00-2.15am** Psychic Detectives: Triple bill. **2.15** The People's Court **3.00-4.10** Hot Bench: Triple bill. **4.10** Masterminds **5.00-6.00am** Crime Stories

+1 hour SKY 271

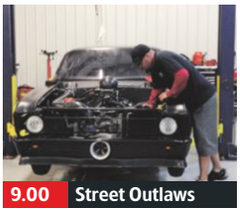
YourTV

SKY 199 F'VIEW 72 F'SAT 157

9.00am Unusual Suspects **11.00** Crimes of the Rich and Famous **12.00noon-2.00pm** Corrupt Crimes: Back-to-back editions of the series.
2.00pm Crimes of the Rich and Famous **4.00** Deadly Doctors: Celebrity Case Files **5.00** Hollywood and Crime **6.00** Snapped: Killer Couples
7.00-10.00 Snapped: Women Who Kill The case of Shannon Baugus, who shot her husband after a fight over the TV remote control. **8.00** A profile of Jessica Riggins, who murdered her husband in 2007. **9.00** A business rivalry over operating school bus routes spirals out of control.
10.00 Snapped: Killer Couples A married couple's twisted scheme is exposed when they conspire to murder the husband's secret lover.
11.00pm-3.00am Snapped: Killer Couples: Back-to-back editions of the series.

Discovery
SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper: Double bill. (HD) **9.00** Fast N' Loud: Double bill. (HD) **11.00** Wheeler Dealers: Double bill. (HD) **1.00pm** Railroad Australia (HD) **2.00** Gold Rush (HD) **3.00** Bear Grylls: Born Survivor (HD) **4.00** Mythbusters (HD) **5.00** Wheeler Dealers (HD) **6.00** Fast N' Loud: The boys reach Burt Reynolds and win their wager. (HD)


9.00 Street Outlaws

7.00 Fast N' Loud Richard buys $92,000 worth of cars at an auction, and his bookkeeper sister insists that he flips all five cars in one week. (HD)

8.00 What Could Possibly Go Wrong? Grant and Kevin try jousting with adapted lawnmowers. (HD)

9.00 Street Outlaws NEW EDITION Chief works to conquer his PTSD and get back behind the wheel. (HD)

10.00 Fat N' Furious: Rolling Thunder **NEW EDITION** A client seeks to restore a 1968 Chevelle for her son. (HD) **11.00** Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Street Outlaws (HD) **3.50** Fat N' Furious: Rolling Thunder (HD) **4.40-6.00am** How It's Made: Triple bill. (HD)

+1 hour SKY 521 VIRGIN 252

Animal Planet
SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo: Double bill. (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: Off the Deep End (HD) **12.00noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix: Double bill. **3.00** From Wags to Riches: Double bill. (HD) **5.00** Animal Cops Detroit **6.00** Flying Wild Alaska (HD)

8.00 White Lions: Born...

7.00 Tanked Wayde and Brett construct a tank for a communications company in need of an interactive aquarium, shaped like a telephone. (HD)

8.00 NEW SERIES White Lions: Born Wild Following two rare wild white lion cubs, born in South Africa's Kruger Park. (HD)

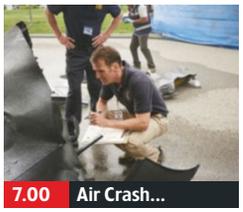
9.00 SERIES FINALE Following two sister lion cubs' fight for survival as they grow to adulthood in South Africa's Kruger Park. (HD)

10.00 Treasure Quest: Snake Island: Excitement builds when the team makes a discovery on the island. (HD) **11.00** Bondi Vet (HD) **12.00m't** Tanked (HD) **1.00am** White Lions: Born Wild: Double bill. (HD) **3.00** Treasure Quest: Snake Island (HD) **3.50** Deadliest Catch **4.40** Whale Wars (HD) **5.30-6.00am** Animal Airport (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic
SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am Nazi Megastructures **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12.00noon** Wicked Tuna (HD) **1.00** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00pm** Air Crash Investigation: Double bill. (HD) **5.00** Car SOS: A 1967 Lancia Flavia Coupé. (HD) **6.00** Supercars: Horacio Pagani reveals the inspiration behind the Huayra model. (HD)


7.00 Air Crash...

7.00 Air Crash Investigation An American plane that suffered a propeller failure after taking off from Atlanta in 1995.

8.00 London Underground Revealed An exploration of London's Underground, the biggest metro system in the Western world. (HD)

9.00 History's Toughest Prisons The inner workings of some of the world's most secure jails, including the Tower of London. (HD)

10.00 Banged Up Abroad An adoption gone wrong in Egypt. (HD)

11.00 Air Crash Investigation (HD) **12.00m't** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00-5.00am** UFOs: The Untold Stories: Triple bill. (HD)

+1 hour SKY 527 VIRGIN 267

History
SKY 529 HD 529/545 VIRGIN 270

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD) **11.30** Counting Cars: Best of (HD) **12.00noon** Storage Wars (HD) **1.00-3.00pm** Pawn Stars: Back-to-back editions of the series. (HD) **3.00pm** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00** American Pickers: Mike and Frank hit the road in a one-of-a-kind rocket car. (HD)

8.00 Mountain Men

7.00 Storage Wars Dave takes a gamble on an unusual locker. (HD) **7.30** The buyers head to a first-class auction in Arcadia. (HD)

8.00 Mountain Men Following the lives of men living off the land in some of America's most inhospitable mountain ranges. (HD)

9.00 NEW EDITION Tom calls in some reinforcements to bail him out, while Morgan fights for survival in the deep freeze. (HD)

10.00 Ancient Aliens **NEW EDITION** Ancient Astronaut theorists look at the Aborigine legend of Dreamtime. (HD) **11.00** Storage Wars: Double bill of the series. (HD) **12.00m't** Mountain Men (HD) **1.00am** Ancient Aliens (HD) **2.00** Storage Wars: Double bill. (HD) **3.00** Pawn Stars (HD) **4.00-5.00am** American Pickers (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday
SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Great British Railway Journeys **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets **11.00** Impossible Engineering **12.00noon** Great British Railway Journeys **1.00pm** The World at War **2.00** Monarchy by David Starkey **3.00** Museum Secrets **4.00** Impossible Engineering **5.00** Great British Railway Journeys **6.00** The World at War

5.00 Great British...

7.00 Monarchy by David Starkey Examining the reigns of James VI, the first king of both England and Scotland, and his son Charles I.

8.00 'Allo 'Allo! Herr Flick is imprisoned in the General's dungeon. **8.35 Yes, Minister** A conflict of interests arises at the Ministry of Administrative Affairs. **9.15** Jim makes a disturbing discovery about his department.

9.55 Whatever Happened to the Likely Lads? Bob has doubts about his marriage. **10.35** Bob takes Terry on a tour of old haunts

11.15 'Allo 'Allo! **11.45** Museum Secrets **12.50am** Great British Ghosts **1.20** Caligula with Mary Beard **2.20-3.00am** Great British Ghosts

+1 hour SKY 538 VIRGIN 246

Eden
SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am Life in the Undergrowth **10.00** Infestation (HD) **11.00** Wild Colombia with Nigel Marven (HD) **12.00noon** Wild Britain with Ray Mears (HD) **1.00pm** Biggest & Baddest (HD) **2.00** Ganges (HD) **3.00** Life in the Undergrowth **4.00** Infestation (HD) **5.00** Wild Colombia with Nigel Marven (HD) **6.00** Wild Britain with Ray Mears: Exploring the Breckland in East Anglia. (HD)

10.00 Uranium: Twisting...

7.00 Biggest & Baddest Niall McCann joins gorilla doctors in Uganda's Bwindi Forest to tend to some unwell primates. (HD)

8.00 Ganges Exploring the story of the river, following its course from the Himalayas to their foothills. (HD)

9.00 Life in the Undergrowth David Attenborough explores invertebrates' use of silk.

10.00 NEW SERIES Uranium: Twisting the Dragon's Tail (HD) **11.00** Extreme Fishing with Robson Green **12.00m't** Wild Colombia with Nigel Marven (HD) **1.00am** Wild Britain with Ray Mears (HD) **2.00** Biggest & Baddest (HD) **3.00** Ganges (HD) **3.45** Life in the Undergrowth **4.35** Uranium... (HD) **5.30-6.00am** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Wednesday 7 PM 8 PM 9 PM 10 PM

Disc. History
SKY 535 VIRG 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters **10.00** Battlefield **12.00noon** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters: Double bill. **3.00** Industrial Revelations: Double bill. **4.00** Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction **6.00** Greatest Tank Battles **7.00** Treasure Quest **8.00** War Digs with Harry Harris **9.00** Al Murray's Road to Berlin **10.00** Hitler's Gold **11.00** Hitler: Germany's Fatal Attraction **12.00m't** Battlefield: Double bill. **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00-6.00am** Weapon Masters: Double bill.

+1 hour SKY 536 VIRG 263

Disc. Science
SKY 525 VIRG 259

6.00am Strip the City: Double bill. **8.00** Rory McGrath's Best of British Engineering **9.00-11.00** Food Factory USA **11.00** How It's Made **12.00noon** How Do They Do It? **1.00pm** Alien Encounters **2.00** Extreme Engineering **3.00** Salvage Squad **4.00** Scrapheap Challenge **5.00-7.00** How Do They Do It? **7.00** Food Factory USA: Double bill. **8.00** How Do They Do It? **9.00** Freaks of Nature: Double bill. **10.00pm-12.00m't** How It's Made **12.00m't** Nasa's Unexplained Files **1.00am** Finding Bigfoot **2.00** Ghost Asylum **3.00** Mythbusters **3.50** How It's Made **4.40** How Stuff's Made **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild
SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Cesar to the Rescue **NEW EDITION** (HD) **9.00** Lioness in Exile (HD) **10.00** Lion Battle Zone (HD) **11.00** When Lions Attack (HD) **12.00noon** Vanishing Kings: Desert Lions of Namib (HD) **1.00pm** Lion Ganglands (HD) **2.00** When Lions Attack (HD) **3.00** Destination Colombia **SERIES FINALE** (HD) **4.00** Lion v Cheetah (HD) **5.00** Ultimate Animal Countdown (HD) **7.00** Caught in the Act: Two deadly predators battle for prey. (HD) **8.00** Man v Monster (HD) **9.00** Wild Scotland (HD) **10.00** Lion Whisperer (HD) **11.00** Lion Battle Zone (HD) **12.00m't** Lion Ganglands (HD) **1.00am** Lion Queens (HD) **2.00** Lioness in Exile (HD) **3.00** Lion Battle Zone (HD) **4.00-5.00am** When Lions Attack (HD)

Turbo
SKY 524 VIRG 261

6.00am Fast N' Loud **7.00** Misfit Garage **8.00** What's My Car Worth? Double bill. **9.00** Wheeler Dealers **10.00** Chasing Classic Cars **11.00** Salvage Squad **12.00noon** Fifth Gear **1.00pm** What's My Car Worth? Double bill. **2.00** Bitchin' Rides **3.00** Fast N' Loud: Double bill. **5.00** Fifth Gear **6.00** Wheeler Dealers **8.00** What's My Car Worth? **9.00** Patrick Dempsey: Racing Le Mans **10.00** Wheeler Dealers **11.00** How It's Made: Dream Cars: Double bill. **12.00m't** What's My Car Worth? Double bill. **1.00am** Chasing Classic Cars: Double bill. **2.00** Extreme Car Hoarders **3.00** Overhaulin': Double bill. **4.40** Extreme Car Hoarders **5.30-6.00am** Wheeler Dealers

PBS America
SKY 534 VIRG 276 FREESAT 156

6.00am Highlights **8.20** Britain's Lost Routes with Griff Rhys Jones **9.35** The Road from Christ to Constantine **10.40** 1,000 Days of Fear: The Deadly Race at Los Alamos **11.50** Race for the Superbomb **12.55pm** Time Team America **2.05** Britain's Lost Routes with Griff Rhys Jones **3.20** 1,000 Days of Fear: The Deadly Race at Los Alamos **4.20** Race for the Superbomb **5.25** Time Team America **6.40** Britain's Lost Routes with Griff Rhys Jones **7.55** Time Team America **9.00** 1,000 Days of Fear: The Deadly Race at Los Alamos **10.10** The Trials of J Robert Oppenheimer **12.35am** Time Team America **1.45** 1,000 Days of Fear: The Deadly Race at Los Alamos **2.35** B-2 Stealth at War **3.30** The Road from Christ to Constantine **4.25-6.00am** Highlights

CI
SKY 553 HD 553/555 VIRG 275

6.00am Motives & Murders (HD) **7.00** Homicide Hunter (HD) **8.00** The First 48 (HD) **9.00am-1.00pm** A Town & Country Murder: Back-to-back editions. (HD) **1.00pm** Unusual Suspects (HD) **2.00** On the Case with Paula Zahn (HD) **3.00** Homicide Hunter (HD) **4.00-8.00** Nightmare in Suburbia: Back-to-back editions. (HD) **8.00** On the Case with Paula Zahn (HD) **9.00** Killer Kids (HD) **10.00** World's Toughest Prisons **NEW EDITION** (HD) **11.00** The First 48 **NEW EDITION** (HD) **12.00m't** American Murder (HD) **1.00am** World's Toughest Prisons (HD) **2.00** Unusual Suspects (HD) **3.00** Mobsters (HD) **4.00** Teleshopping **5.00-6.00am** On the Case with Paula Zahn (HD)

+1 hour SKY 554

H2
SKY 531 VIRG 273

8.00am 10 Things You Don't Know About **9.00** Dogfights **10.00** Combat Trains **11.00** Defenders of the Sky **12.00noon** 10 Things You Don't Know About **1.00pm** Dogfights **2.00** Combat Trains **3.00** Mud Men **4.00** A History of Britain by Simon Schama **5.00** Weapons at War **6.00** Combat Trains **7.00 In Search of Aliens** **8.00 Hunting Hitler** **9.00 What Really Happened NEW EDITION** A recreation of General Custer's Last Stand battle. **10.00 Ancient Impossible** **11.00** 1,000 Ways to Die **12.00m't** The Universe: Ancient Mysteries Solved **1.00am** What Really Happened **2.00** Ancient Impossible **3.00** In Search of Aliens **4.00-5.00am** The Universe: Ancient Mysteries Solved

WEDNESDAY Films

Wednesday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am Infini 8.00 The Good Dinosaur 9.35 The Perfect Guy 11.20 Sixteen 12.50pm Bad Blood Crime thriller. (S) (2014, 15, 92min) ★★ **2.30 The Man from U.N.C.L.E** As shown at 8.00pm.
4.30 The Good Dinosaur Pixar animated adventure. (S) (2015, PG, 97min) ★★★★ **6.15 The Perfect Guy** Thriller starring Sanaa Lathan, Michael Ealy and Morris Chestnut. (S) (2015, 15, 98min) ★★

10.00 Northwest

8 PM **8.00 The Man from U.N.C.L.E** Spy adventure starring Henry Cavill and Armie Hammer. American and Russian agents must work together to defeat a criminal organisation. (S) (2015, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

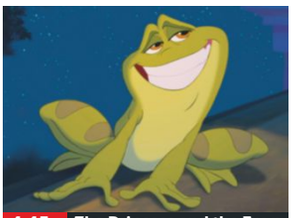
10 PM **10.00 PREMIERE Northwest** Danish crime drama starring Gustav Dyekjaer Giese. Subtitled. (2013, 15, 89min) ★★★ *See review, page 21*
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **11.45 Sixteen** British thriller. (S) (2013, 15, 80min) ★★★
1.15am Infini Sci-fi thriller with Luke Hemsworth. (2015, 15, 106min) ★★
3.15 Narcopolis Sci-fi thriller. (S) (2015, 15, 96min) ★★
5.00 Finding Pixar
5.30-6.00am Ghostbusters: Special

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.30am The Tigger Movie 7.55 The Princess and the Frog 9.40 Peter Pan 11.05 Planes: Fire & Rescue 12.35pm Tinker Bell and the Lost Treasure 2.00 Cinderella As 8.00pm. **3.20 Peter Pan** Animated fantasy. (1953, U, 77min) ★★★★★
4.45 The Princess and the Frog Disney's animated musical fantasy. (S) (2009, U, 97min) ★★★★ **6.30 The Fox and the Hound** Animated feature. (S) (1981, U, 83min) ★★★


4.45 The Princess and the Frog

8 PM **8.00 Cinderella** Children's animated tale featuring the voices of Ilene Woods, William Phipps and Lucille Bliss. (S) (1950, U, 75min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

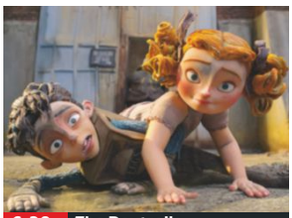
9 PM **9.20 The Sword in the Stone** Classic Disney animated feature based on TH White's account of the legend of King Arthur. With voices by Rickie Sorenson and Sebastian Cabot. (S) (1963, U, 75min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.50 The Pacifier Comedy thriller starring Vin Diesel. (S) (2005, PG, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **12.30am The Cat from Outer Space** Fantasy. (1978, U, 103min) ★★★
2.20 Pooh's Heffalump Movie Cartoon. (S) (2005, U, 68min) ★★
3.35 Alexander and the Terrible, Horrible, No Good, Very Bad Day Comedy. (S) (2014, PG, 81min) ★★★
5.05-6.20am The Return of Jafar Cartoon adventure sequel to *Aladdin*. (1994, U, 66min) ★★

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.00am The Legend of Longwood 7.40 E.T. The Extra Terrestrial 9.35 The SpongeBob Movie: Sponge Out of Water 11.10 The Boxtrolls 12.50pm Annie 2.50 E.T. The Extra Terrestrial Sci-fi fantasy. (S) (1982, U, 114min) ★★★★★
4.45 The SpongeBob Movie: Sponge Out of Water Animated comedy. (S) (2015, U, 93min) ★★★ **6.20 The Boxtrolls** Animated fantasy. (S) (2014, PG, 97min) ★★★★


6.20 The Boxtrolls

8 PM **8.00 Annie** Musical remake starring Quvenzhane Wallis and Jamie Foxx. An orphan goes to live with a wealthy businessman running for mayor, and inspires him to change his cynical ways. (S) (2014, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.00 Robot Overlords** Family sci-fi adventure starring Ben Kingsley. A boy rebels against the Earth's new robotic rulers in a desperate attempt to be reunited with his father. (S) (2014, 12, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **11.35 One of Our Dinosaurs is Missing** Comedy with Peter Ustinov. (S) (1975, U, 94min) ★★★
1.15am The Legend of Longwood Fantasy. (2014, PG, 99min) ★★
2.55 Robot Overlords As 10.00pm.
4.30-6.10am One of Our Dinosaurs is Missing As shown at 11.35pm.

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.30am Enemy of the State 8.45 Crouching Tiger, Hidden Dragon 10.50 Fantastic Four 12.40pm Black Sea Thriller. (S) (2014, 15, 112min) ★★★ **2.35 Babylon A.D** Post-apocalyptic sci-fi thriller. (S) (2008, 12, 100min) ★★
4.10 Dante's Peak Disaster movie starring Pierce Brosnan. (S) (1997, 12, 108min) ★★★ **6.00 Run All Night** Action thriller with Liam Neeson. (S) (2015, 15, 114min) ★★★

10.00 2 Fast 2 Furious

8 PM **8.00 Fantastic Four** Superhero adventure starring Miles Teller and Michael B Jordan. Four scientists return from another dimension granted unusual superpowers, which they use to defend the Earth. (S) (2015, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

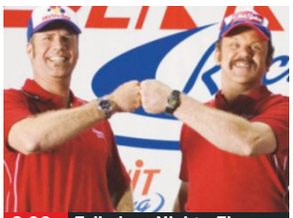
9 PM

10 PM **10.00 2 Fast 2 Furious** Action thriller sequel starring Paul Walker and Tyrese. A former cop and his ex-con friend set out to clear their names by going undercover to infiltrate the world of a drugs baron. (S) (2003, 12, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **12.05am Vendetta** Thriller with Danny Dyer. (S) (2013, 18, 106min) ★★
2.05 Rush Hour 2 Action comedy sequel. (S) (2001, 12, 90min) ★★★
3.50-6.00am Remember the Titans True-story sporting drama. (S) (2000, PG, 113min) ★★★

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

7.10am Revenge for Jolly! 8.40 Death Becomes Her 10.30 One Night in Istanbul 12.10pm Twins Action comedy. (S) (1988, PG, 107min) ★★★ **2.05 Life** Prison comedy drama starring Eddie Murphy. (S) (1999, 15, 108min) ★★
4.05 Dragnet Comedy spoofing the 1950s TV series. (S) (1987, PG, 106min) ★★ **5.55 Four Weddings and a Funeral** Romantic comedy. (S) (1994, 15, 117min) ★★★★


8.00 Talladega Nights: The...

8 PM **8.00 Talladega Nights: The Ballad of Ricky Bobby** Comedy with Will Ferrell. A stock car racer rises to the top, but his pride is dented when a French Formula 1 star challenges his supremacy. (S) (2006, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.05 Get Hard** Comedy starring Will Ferrell, Kevin Hart and Craig T Nelson. (S) (2015, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **11.50 Me, Myself & Irene** Comedy thriller. (S) (2000, 15, 117min) ★★★
1.50am Jersey Girl Romantic comedy drama. (S) (2004, 12, 102min) ★★
3.40 Better Living Through Chemistry Dark comedy. (S) (2014, 15, 88min) ★★★
5.20-7.00am Son of the Pink Panther Comedy with Roberto Benigni. (1993, PG, 89min) ★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

6.00am Ice Age 7.25 The Walk 9.30 The Maze Runner 11.25 Ted 2 1.25pm Ice Age Animation. (S) (2002, U, 81min) ★★★★
2.55 Harry Potter and the Prisoner of Azkaban Fantasy adventure sequel. (S) (2004, PG, 142min) ★★★★★ **5.20 Harry Potter and the Goblet of Fire** Fantasy adventure. (S) (2005, 12, 157min) ★★★

8.00 The Walk Fact-based drama starring Joseph Gordon-Levitt. (S) (2015, PG, 123min) ★★★★
10.10 Ted 2 Comedy sequel starring Mark Wahlberg. (S) (2015, 15, 112min) ★★★
12.10am There's Something About Mary Black comedy starring Ben Stiller. (S) (1998, 15, 119min) ★★★★
2.15 Ghost Rider Comic book adventure starring Nicolas Cage and Eva Mendes. (S) (2006, 12, 109min) ★★
4.15-6.00am Friday Download: The Movie British teen comedy. (S) (2015, PG, 92min) ★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am Austin Powers: The Spy Who Shagged Me 7.40 Spy Kids 9.10 The Rock 11.30 Spectre 2.00pm Mission: Impossible III As shown at 10.30pm.
4.10 Spy Kids Children's action comedy. (S) (2001, U, 88min) ★★★★ **5.40 The Rock** Action thriller with Nicolas Cage and Sean Connery. (1996, 15, 136min) ★★★★

8.00 Spectre James Bond thriller with Daniel Craig. (S) (2015, 12, 145min) ★★★★
10.30 Mission: Impossible III Thriller with Tom Cruise. (S) (2005, 12, 126min) ★★★★
12.45am Austin Powers: The Spy Who Shagged Me Spoof espionage thriller sequel. (S) (1999, 12, 94min) ★★★
2.35 The Top Ten Show 2016
2.50 The Sum of All Fears Action thriller. (2002, 12, 119min) ★★★★
4.55 The Top Ten Show 2016
5.10 Avengers: Age of Ultron Special Behind the scenes.
5.30-6.00am Fast & Furious 7 Special With Alex Zane.

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

6.40am Kung Fu 8.50 King Richard and the Crusaders 11.05 Carson City 12.50pm Kung Fu 3.00 The Man Behind the Gun Western. (1952, U, 82min) ★★
4.40 Canyon River Western. (1956, U, 100min) ★★ **6.20 Terror on a Train** Suspense drama starring Glenn Ford and Maurice Denham. (1953, b/w, PG, 72min) ★★★

7.40 Blue Blood Horse racing drama starring Bill Williams. (1951, U, 72min) ★★
9.00 Hard to Kill Thriller starring Steven Seagal. An LA cop plots his revenge against the vicious drugs gang that murdered his wife and child. (1990, 18, 92min) ★★★
10.55 Jackie Chan's First Strike Action thriller starring Jackie Chan and Jackson Lou. (1996, 12, 83min) ★★
12.35am Conspiracy Theory with Jesse Ventura
2.30-6.10am Hollywood's Best Film Directors

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Time Runners 11.00 Gentle Ben – Terror on the Mountain 12.50pm Sony Movie News Extra
1.00 The Race Irish family drama. (2009, PG, 84min) ★★★ **2.45 Red Dog** Australian comedy drama. (2011, PG, 88min) ★★★ **4.35 Les Misérables** Adaptation of Victor Hugo's novel. (1998, 12, 134min) ★★

7.15 Fatal Contact: Bird Flu in America Thriller starring Joely Richardson and Scott Cohen. (2006, 12, 83min) ★
9.00 Pistol Whipped Action thriller starring Steven Seagal. (2007, 15, 96min) ★★★
11.05 Shadow Man Espionage thriller starring Steven Seagal. (2006, 15, 92min) ★
1.00am Zero Tolerance Crime drama with Robert Patrick. (S) (1994, 18, 85min) ★★
2.50 Sony Movie News Extra
3.00 Cruel Intentions 2 Teen drama. (2000, 15, 89min) ★
4.50 Sony Movie News Extra
5.00-6.00am Highway to Heaven Fantasy drama.

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am The Lost World 9.00 Tales from the Darkside 10.00 Arachnoquake 11.50 Horror Highlights
12.00noon The War of the Worlds 1.00pm Satan's School for Girls 2.50 Horror Highlights 3.00 The Incredible Hulk 4.00 Quatermass and the Pit Sci-fi. (1967, 12, 100min) ★★★★ **6.00 The Lost World**

7.00 Tales from the Darkside Supernatural yarns.
8.00 The War of the Worlds 12/20. A Morthren child infiltrates a special school.
9.00 Vault of Horror Horror chiller starring Daniel Massey, Terry-Thomas and Tom Baker. (1973, 15, 87min) ★★
10.45 Primal Australian horror. (2010, 18, 80min) ★★
12.25am Mother's Day Thriller. (2011, 18, 112min) ★★★
2.35 Dark Circles Horror. (2013, 15, 87min) ★★
4.20-4.30am Horror Highlights Previews.

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am A War of Children 9.00 No One Could Protect Her 11.00 The Murder of Mary Phagan 1.00pm Face Value Drama. (1991, 15, 94min) ★★ **3.00 A Killing in a Small Town** Crime drama. (1990, 18, 96min) ★★★★
5.00 Between Love and Hate Romantic drama with Patrick Van Horn and Susan Lucci. (1993, 12, 90min) ★★★

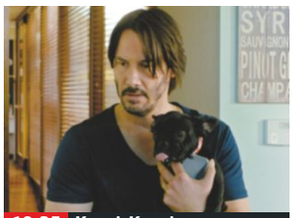
7.00 The Babysitter's Seduction Thriller starring Stephen Collins and Keri Russell. (1996, 15, 85min) ★
9.00 Till Death Us Do Part Fact-based thriller starring Treat Williams, Embeth Davidtz and Arliss Howard. (1991, 15, 94min) ★★
11.00 Silence of the Heart Drama with Mariette Hartley and Howard Hesseman. (1984, PG, 100min) ★★★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Butterbox Babies Real-life drama. (1994, 15, 94min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.05am Assassin 7.40 Murder by Numbers 9.45 Supremacy 11.45 Regression 1.45pm Assassin Crime thriller. (S) (2014, 15, 78min) ★ **3.15 No Good Deed** Thriller with Idris Elba. (2014, 15, 82min) ★
4.45 Pride and Glory Thriller starring Edward Norton, Colin Farrell, Noah Emmerich and Jon Voight. (S) (2008, 15, 130min) ★★★★ **7.00 Regression** Psychological thriller. (S) (2015, 15, 106min) ★★


10.35 Knock Knock

Regression (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Dead Pool Action thriller starring Clint Eastwood. 'Dirty Harry' investigates a bizarre series of celebrity murders, while making sure he's not the next famous victim. (S) (1988, 18, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Knock Knock Thriller starring Keanu Reeves. (S) (2015, 18, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25am Return to Sender Thriller. (S) (2015, 18, 96min) ★★
2.10 Dog Day Afternoon Sidney Lumet's tragi-comic thriller. (S) (1975, 15, 130min) ★★★★★
4.25-6.10am Deep Family Secrets Thriller. (S) (1997, PG, 89min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

6.35am Big Eyes 8.30 The Candidate 10.30 Raising Helen 12.35pm Liberal Arts Comedy drama. (S) (2012, 12, 97min) ★★★★ **2.20 Magic Mike XXL** As 8.00pm.
4.20 Think Like a Man Too Comedy sequel starring Kevin Hart and Regina Hall. (S) (2014, 12, 103min) ★★ **6.10 Little Miss Sunshine** Black comedy road movie starring Steve Carell, Toni Collette and Alan Arkin. (S) (2005, 15, 102min) ★★★★

6.10 Little Miss Sunshine

8.00 Magic Mike XXL Drama sequel starring Channing Tatum and Joe Manganiello. A retired male stripper is persuaded to make a comeback for one final performance alongside a troupe of dancers. (S) (2015, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Wedding Singer Offbeat romantic comedy starring Adam Sandler and Drew Barrymore. A perky waitress saves a singer from despair after he is jilted at the altar. With Allen Covert. (S) (1998, 12, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 Miss Meadows Thriller. (S) (2014, 15, 88min) ★★★
1.25am Proof of Life Romantic thriller. (2000, 15, 135min) ★★★
3.50 Champion Boxing drama. (S) (1949, b/w, PG, 99min) ★★★★
5.40-6.00am The Top Ten Show 2016 Box office hits.

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am Stage Fright 7.40 The NeverEnding Story 9.30 Alien Resurrection 11.30 Maggie 1.15pm The Visit As shown at 9.00pm. **3.00 Chappie** As shown at 10.45pm.
5.15 The Top Ten Show 2016 5.30 The NeverEnding Story Fantasy adventure starring Barret Oliver. (S) (1984, U, 94min) ★★★ **7.15 Maggie** Horror starring Arnold Schwarzenegger and Abigail Breslin. (S) (2015, 15, 95min) ★★★

10.45 Chappie

Maggie (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Visit Horror with Olivia DeJonge and Ed Oxenbould. Two children are sent to spend a week at their grandparents' remote farm, but realise they may not return home alive. (S) (2015, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

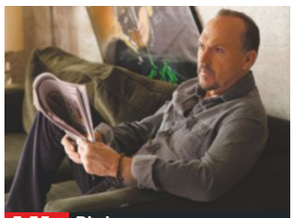
10.45 Chappie Sci-fi thriller starring Sharlto Copley, Hugh Jackman and Dev Patel. (S) (2015, 15, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00am Stage Fright Horror musical. (S) (2014, 15, 90min) ★★
2.35 Alien Resurrection The fourth episode in the sci-fi horror series. (S) (1997, 15, 110min) ★★★★
4.30-6.00am Invasion of the Body Snatchers Classic sci-fi chiller. (S) (1956, b/w, PG, 80min) ★★★★★

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.00am The Top Ten Show 2016 6.20 The Necessary Death of Charlie Countryman 8.15 The New World 10.35 The Sea Inside
12.45pm The Guns of Navarone World War Two adventure. (S) (1961, PG, 150min) ★★★★ **3.25 The Hurricane** Fact-based drama. (1999, 15, 142min) ★★★ **5.55 Birdman** Oscar-winning drama starring Michael Keaton. (S) (2014, 15, 116min) ★★★★★


5.55 Birdman

8.00 Full Metal Jacket Stanley Kubrick's Vietnam War drama starring Matthew Modine as a GI in the thick of the action at the battle for Hue in 1968. With Adam Baldwin. (1987, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 American Beauty Oscar-winning satirical comedy starring Kevin Spacey and Annette Bening. A middle-class suburban family begins to fall apart when the husband undergoes a mid-life crisis. (1999, 18, 122min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05am Wild at Heart Violent and surreal road movie from David Lynch. (S) (1990, 18, 126min) ★★★★
2.15 Insomnia Psychological thriller. (S) (2002, 15, 113min) ★★★★
4.15-6.25am The Sea Inside Biopic. (S) (2004, PG, 126min) ★★★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am Run Wild, Run Free 1.05pm A Monster in Paris Animation. (S) (2011, U, 89min) ★★★ **2.50 Porridge** Comedy. (S) (1979, PG, 90min) ★★★
4.40 Epic Animated fantasy. (S) (2013, U, 98min) ★★★ **6.50 My Sister's Keeper** Melodrama. (S) (2009, 12, 104min) ★★★★

6.50 My Sister's Keeper

My Sister's Keeper (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Riddick Sci-fi thriller sequel starring Vin Diesel. Space fugitive Riddick combats bounty hunters and fearsome monsters on a desert planet. (S) (2013, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 Evil Dead Gory remake of Sam Raimi's 1982 horror classic. (S) (2013, 18, 89min) ★★★
1.15-3.30am Nosferatu the Vampyre Werner Herzog's remake of FW Murnau's 1922 vampire classic. (1979, 15, 107min) ★★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Wednesday 8 PM 9 PM 10 PM 11 PM

Sony Movies

SKY 323

9.00am Living Free 10.50 Cave In 12.40pm The Horsemen Adventure drama. (1970, 12, 109min) ★★★ **2.50 The Cup** Sports drama. (2011, PG, 102min) ★★
4.50 Sony Movie News Extra 5.00 Saints and Soldiers: Battle of the Tanks Drama. (2014, 12, 91min) ★★ **6.50 Hope and Glory** War drama. (1987, 15, 113min) ★★★

9.00 Until Death Action drama starring Jean-Claude Van Damme and Stephen Rea. A moody, heroin-addicted New Orleans detective changes his ways after being shot in the head. With Selina Giles. (2007, 15, 102min) ★★★
11.10 Straw Dogs Violent thriller starring James Marsden and Kate Bosworth. (2011, 18, 116min) ★★★
1.25am Starship Troopers 3: Marauder Sci-fi thriller. (2008, 15, 105min) ★★★
3.40-6.00am Sinbad and the Eye of the Tiger Fantasy. (1977, U, 108min) ★★★

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am Heavenly Match 9.00 Before You Say 'I Do' 11.00 Perfect on Paper 1.00pm Apple Mortgage Cake Drama. (2014, PG, 120min) ★★ **3.00 All Things Valentine** Romantic comedy. (2016, PG, 83min) ★★
5.00 It Had to Be You Drama with Torrey DeVitto, Michael Rady and Jenifer Lewis. (2016, PG, 120min) ★★

7.00 My Boyfriends' Dogs Comedy starring Erika Christensen. A woman recounts the story of how she left three men standing at the altar – and ended up adopting their dogs instead. (2014, PG, 84min) ★★
9.00 So You Said Yes Romance with Kellie Martin. (2015, PG, 120min) ★★
11.00 Recipe for Love Romantic comedy. (2014, PG, 90min) ★★
1.00am Coach Comedy. (2010, 12, 83min) ★★
3.00-5.00am Harvest Moon Drama starring Jesse Hutch. (2015, PG, 120min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am The Velvet Touch 7.50 Crack Up 9.40 Hellgate 11.30 Cimarron Strip: The Beast That Walks Like a Man 1.05pm The Big Sky Western. (1952, b/w, U) ★★★ **3.25 Cimarron Strip: Big Jessie** Western drama. (1967, PG, 75min) ★★
5.00 Buck and the Preacher Comedy Western with Sidney Poitier. (1971, PG, 102min) ★★

7.10 Tall in the Saddle Western starring John Wayne as a woman-hating cowboy who clashes with a strong-willed female ranch owner. (1944, b/w, U, 87min) ★★
9.00 The Price of Power Western starring Giuliano Gemma and Van Johnson. (1969, PG, 96min) ★★★
11.10 Django Violent Spaghetti Western starring Franco Nero. (1966, 15, 87min) ★★★
12.55am Bury them Deep Western starring Craig Hill. (1968, 15, 109min) ★★
2.45-4.00am The Call of Justice Western drama. (1936, b/w, 12, 59min) ★★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

10pm TILL LATE

10.00pm Death Race: Inferno *Syfy* Sci-fi thriller starring Luke Goss. ★★
11.00pm The Deer Hunter *ITV4* Michael Cimino's award-winning drama about three friends who enlist to fight in the Vietnam War. Starring Robert De Niro, Meryl Streep and Christopher Walken. (HD) ★★★★★
11.00pm Crank: High Voltage *Spike* Thriller sequel starring Jason Statham. ★★★
12.35am Don't Be Afraid of the Dark *Channel 4* Horror. (Signed) (HD) ★★★

(S) Subtitles (SL) Signing

Wednesday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** WWE – Experience (HD) **8.00** Premier League 100 Club (HD) **8.30** Premier League Years **10.30** Great Sporting Moments (HD) **11.00** Premier League Legends (HD)
12.00noon Premier League 100 Club (HD)
1.00pm Football Gold Four editions. (HD)
2.00 PL Years: Man Utd's Treble
4.00 Premier League Legends (HD)
5.00-6.00 Sporting Triumphs (HD)
6.00 Football Gold (HD)
7.00 Preview to the Premier League (HD)
7.30 LIVE EFL Cup Luton Town v Aston Villa: All the action from the first-round tie at Kenilworth Road. Kick-off is at 7.45. (HD)
10.00 More Than a Game (HD)
10.30 Great Sporting Moments (HD)
11.00 Premier League World **11.30** Football Gold (HD) **12.00m't** EFL Cup Highlights (HD) **1.00am** Premier League 100 Club (HD) **2.00** Football Gold (HD) **3.00** EFL Cup Highlights (HD) **4.00-6.00am** Premier League Years (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics (HD) **7.00** Cricket's Greatest (HD) **8.00** Cricket Classics **9.00** Cricket's Greatest (HD) **10.00** NatWest T20 Blast Cricket (HD)
1.45pm Sporting Triumphs (HD)
2.00 Cricket's Greatest A profile of Kapil Dev. (HD)
2.30 Cricket's Greatest Richard Hadlee. (HD)
3.00 Cricket's Greatest Glenn McGrath. (HD)
3.30 Cricket's Greatest Ian Botham. (HD)
4.00 Cricket's Greatest Michael Holding. (HD)
4.30 Cricket's Greatest Curtly Ambrose. (HD)
5.00 Cricket Classics (HD)
6.00 Cricket's Greatest Viv Richards. (HD)
6.30 Cricket's Greatest Brian Lara. (HD)
7.00 LIVE NatWest T20 Blast Cricket Coverage of the third quarter-final of the domestic competition. (HD)
10.45 Sporting Triumphs Michael Atherton relives his best moments. (HD)
11.00 Cricket's Greatest (HD) **12.00m't** NatWest T20 Blast Cricket (HD) **3.45am** Sporting Triumphs (HD) **4.00-6.00am** The Ashes: England's Best Days (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Legends of Darts (HD) **7.00** Boxing Gold (HD) **8.00** Sporting Greats **9.00** Polo **10.00** Sporting Heroes: Steve Harmison Interviews Kevin Keegan: Part Two (HD) **11.00** Racing News (HD) **11.30** Sporting Greats
12.00noon Time of Our Lives Jeff Stelling is joined by Lou Macari, Sammy McIlroy and Jimmy Greenhoff. (HD)
1.00pm Polo The 2016 Jaeger-LeCoultre Polo Gold Cup.
2.00 Sporting Heroes: Gary Newbon Interviews Rebecca Adlington An interview with the former swimmer. (HD)
2.55 LIVE Test Cricket West Indies v India: Coverage of the second day of the third Test at the Darren Sammy National Cricket Stadium in St Lucia. (HD)
10.30 WWE – Late Night – Raw Wrestling action from the States with the over-the-top stars. (HD)
12.30am Powerboating (HD) **1.00** Racemax (HD) **1.30** Darts Gold **2.00** Sports Unlimited (HD) **3.00** Watersports World (HD) **4.00** Racemax (HD) **4.30** Sports Unlimited (HD) **5.30-6.00am** Darts Gold (HD)

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic **7.00** Shell's Wonderful World of Golf **8.30** Golfing World (HD) **9.00** PGA Tour Golf (HD) **10.00** PGA EuroPro Tour Golf (HD) **12.00noon** Golfing World (HD) **12.30pm** Shell's Wonderful World of Golf **2.00** PGA EuroPro Tour Golf (HD) **4.00** Golfing World (HD) **4.30** PGA Tour Golf (HD)
5.30 Sporting Rivalries The Ryder Cup. (HD)
6.00 Inside the PGA Tour Golf update. (HD)
6.30 European Tour Weekly (HD)
7.00 Champions Tour Golf As 9.30pm. (HD)
8.00 PGA Tour Golf The 2016 Players Championship. (HD)
9.00 European Tour Weekly (HD)
9.30 Champions Tour Golf The 3M Championship. (HD)
10.30 Inside the PGA Tour Golf update. (HD)
11.00 European Tour Weekly (HD) **11.30** PGA EuroPro Tour Golf (HD) **1.30am** Inside the PGA Tour (HD) **2.00** European Tour Weekly (HD) **2.30** Champions Tour Golf (HD) **3.30** PGA EuroPro Tour Golf (HD) **5.30-6.00am** European Tour Weekly (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest Players **9.00** MLS Round-Up Show (HD) **9.30** Football's Greatest Players **11.00** Major League Soccer (HD)
1.00pm Football's Greatest Players
3.00-4.00 Spanish Football Gold (HD)
4.00 WWE – Experience The latest from *Raw*. (HD)
5.00 Football's Greatest Players The career of Diego Maradona.
5.30 Powerboating (HD)
6.00 Super League Fulltime A round-up of the latest matches. (HD)
6.30 Sports Unlimited Offbeat activities. (HD)
7.30 Racemax (HD)
8.00 Watersports World Aquatic activities. (HD)
9.00 Football's Greatest Players The career of Steven Gerrard. (HD)
9.30 MLS Round-Up Show Highlights. (HD)
10.00-11.00 Spanish Football Gold Four editions. (HD)
11.00 Football's Greatest Players (HD)
1.00am Major League Soccer (HD) **5.00** Football's Greatest Players (HD) **5.30-6.00am** Football's Greatest International Teams (HD)

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.15am Going for Gold (HD) **7.20** European Rally Championship **7.50** FIA World Rallycross Championship (HD) **8.50** FIA World Touring Cars (HD) **9.50** Cycling: Giro d'Italia (HD) **10.50** Cycling: Tour de France (HD) **11.50** Sports Insiders (HD) **12.20pm** Cycling: Track World Championship (HD) **1.50** Going for Gold (HD) **1.55** Eurosport News **2.00** Cycling (HD)
4.00 Cycling (HD)
5.00 Cycling: Paris-Roubaix (HD)
6.00 Going for Gold (HD)
6.15 Eurosport News
6.20 Cycling: Amstel Gold Race (HD)
7.20 Cycling: Fleche Wallonne (HD)
8.20 Going for Gold (HD)
8.25 Cycling: Liege-Bastogne-Liege The 102nd staging of the 262km race. (HD)
9.25 Going for Gold (HD)
9.30 Cycling: Track World Championship A review of the event. (HD)
11.00 FIA WTCC Magazine Show (HD)
11.30 Eurosport News
11.35 Going for Gold (HD) **11.45** Football's Greatest (HD) **12.55-1.00am** WATTS (HD)

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

6.00am WATTS (HD) **8.00** European Rally Championship **8.30** Motocross World Championship (HD) **9.00** Swedish Speedway (HD) **10.00** Sports Insiders (HD) **10.30** Snooker: International Championship (HD)
12.30pm Cycling (HD)
1.55 Eurosport News
2.00 FIA World Rallycross Championship (HD)
3.00 FIA World Touring Cars (HD)
4.00 Motocross World Championship (HD)
4.30 Swedish Speedway An Elitserien event. (HD)
5.30 Speedway European Championship (HD)
6.30 Eurosport News
6.35 Motocross British Championship (HD)
7.35 MCE British Superbikes (HD)
9.05 Motorcycling: Southern 100 (HD)
10.05 Swedish Speedway (HD)
11.05 Eurosport News
11.10 Going for Gold (HD)
11.15 FIA World Rallycross Championship (HD) **12.15am** Best of Bikes (HD) **12.30-6.00am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

6.00-10.00am Classic Premier League: Back-to-back editions. (HD) **10.00 LIVE** Australian FA Cup: Wollongong Wolves v Sydney FC: Kick-off is at 10.30. (HD) **12.30-2.30pm** Classic Premier League (HD)
2.30pm Betfred Cup A second-round match. (HD)
4.00 Leicester City v Manchester United Action from the FA Community Shield. (HD)
5.30 Last Week, This Week Recent action. (HD)
6.00 Toyota AFL Highlights Show The latest action from the Australian Football League. (HD)
7.00 LIVE Betfred Cup Coverage of a second-round match. (HD)
10.00 Premier League World A round-up of all the news from the Premier League. (HD)
10.30 Australian FA Cup Wollongong Wolves v Sydney FC: Action from the last-32 match. (HD)
11.30 Man City v Sunderland 2011/2012 Highlights of the Premier League match. (HD)
12.00m't-5.30am Classic Premier League (HD) **5.30-6.00am** Last Week, This Week (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am UEFA Super Cup (HD) **7.30** GC32 Racing Tour Sailing – Highlights (HD) **8.00** Brasileirao (HD) **9.30** Indoor Bowls: Premier 3s Finals (HD) **10.30** Toyota AFL Highlights Show (HD) **11.30** GC32 Racing Tour Sailing – Highlights (HD) **12.00noon** UK Angling Championship (HD) **1.00pm** UEFA Champions League – Classics (HD) **4.00** Marion Jones: Press Pause (HD) **5.00** Ladbrokes SPFL Highlights (HD) **5.30** UK Angling Championship (HD)
6.30 GC32 Racing Tour Sailing – Highlights (HD)
7.00 Aviva Premiership Rugby (HD)
7.30 Last Week, This Week Recent action. (HD)
8.00 LIVE MLB Los Angeles Dodgers v Philadelphia Phillies: At Dodger Stadium. Start-time is at 8.10. (HD)
11.00 MLB's Best (HD)
11.30 UFC: Beyond the Octagon (HD) **12.00m't** UFC – Ultimate Insider (HD) **12.30am** UFC (HD) **3.30** UFC – Ultimate Insider (HD) **4.00** UFC: Beyond the Octagon (HD) **4.30** Last Week, This Week (HD) **5.00-6.00am** BRDC Formula 3 Championship Highlights (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am Pardon the Interruption (HD) **6.30** Around the Horn (HD) **7.00** Pardon the Interruption (HD) **7.30** Around the Horn (HD) **8.00** College Football Live (HD) **8.30** MLB (HD) **11.30** ESPN FC (HD)
12.00noon MLB (HD)
3.00pm Toyota AFL Highlights Show (HD)
4.00 Last Week, This Week As 8.00pm. (HD)
4.30 ESPN FC (HD)
5.00 LIVE MLB Miami Marlins v San Francisco Giants: Coverage from Marlins Park. Start-time is at 5.10. (HD)
8.00 Last Week, This Week Highlights from last week on BT Sport. (HD)
8.30 Premier Boxing Champions Action from David Benavidez v Denis Douglin. (HD)
10.30 Toyota AFL Highlights Show (HD)
11.30 College Football Live The latest news. (HD)
12.00m't LIVE MLB: Boston Red Sox v New York Yankees: Start-time is at 12.10. (HD) **3.00am** Baseball Tonight Live (HD) **4.00** Toyota AFL Highlights Show (HD) **5.00-6.00am** Baseball Tonight Live (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Ligue 1 – Games of the Season (HD) **10.00** Betfred Cup (HD) **11.30** UEFA Super Cup (HD)
1.00pm Toyota AFL Highlights Show (HD)
2.00 European Rugby Champions Cup (HD)
2.30 Aviva Premiership Rugby The top tries. (HD)
3.00 Ladbrokes SPFL Highlights (HD)
3.30 UEFA Super Cup Real Madrid v Sevilla. (HD)
5.00 Football League Cup Finals: 1970s (HD)
5.30 Football League Cup Finals: 1980s (HD)
6.00 Norwich City v Sunderland Norwich City v Sunderland. (HD)
7.30 Premier League World News. (HD)
8.00 Ligue 1 – Games of the Season Action from Marseille v Monaco. (HD)
9.00 Ligue 1 – Games of the Season Paris Saint-Germain v Lyon. (HD)
10.00 Ligue 1 – Games of the Season Paris Saint-Germain v Angers. (HD)
11.00 Ligue 1 – Games of the Season (HD)
12.00m't Betfred Cup (HD) **1.30am** Brasileirao (HD) **3.00** UEFA Super Cup (HD) **4.30-6.00am** Betfred Cup (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am-12.00noon The Home of Formula One
12.00noon Tales from the Vault A look back at the 1984 season. (HD)
1.00pm Legends of F1 With John Watson. (HD)
2.00 Monaco F1 GP Best Bits Highlights. (HD)
2.30 Canadian F1 GP Best Bits Highlights. (HD)
3.00 European GP Best Bits Highlights. (HD)
3.30 Austrian F1 GP Best Bits Highlights. (HD)
4.00 British F1 GP Best Bits Highlights. (HD)
4.30 Hungarian F1 GP Best Bits Highlights. (HD)
5.00 German F1 GP Best Bits Highlights.
5.30 Porsche Super Cup Highlights from the Spanish Grand Prix. (HD)
5.45 Legends of F1 (HD)
8.45 Porsche Super Cup Highlights from the German Grand Prix. (HD)
9.00 F1 Classic Races A look back at the 1989 Japanese Grand Prix. (HD)
9.45 Architects of F1 Flavio Briatore. (HD)
10.45 GP2 Racing The European Grand Prix. (HD)
12.15am GP2 Racing (HD) **1.30-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.25pm Fencing From Carioca Arena 3. **2.50 Hockey** India v Australia: The women's Group B match. **5.20 Hockey** Great Britain v Argentina: The women's Group B match. **7.50 Rugby Sevens** Men's pool matches from Deodoro Stadium. **10.50 Football** Japan v Sweden: Coverage of the men's Group B match. **1.00-4.55am Beach Volleyball** The latest preliminary matches from Beach Volleyball Arena.

RED BUTTON 2 2.50pm Rugby Sevens Men's pool matches from Deodoro Stadium. **6.05 Basketball** France v Serbia: The men's Group A match. **8.55 Boxing** Preliminary and quarter-final bouts from Riocentro. **12.25-2.35am Table Tennis** The women's singles bronze- and gold-medal matches.

RED BUTTON 3 2.50pm Boxing Preliminary and quarter-final bouts from Riocentro. **7.25 Judo** The men's -90kg and women's -70kg finals. **10.40pm-3.05am Tennis** The latest matches.

RED BUTTON 4 1.55pm Table Tennis The women's singles semi-finals from Riocentro. **4.50 Football** Argentina v Honduras: Coverage of the men's Group D match. **7.00 Archery** Men's and women's individual matches. **11.00 Weightlifting** The latest final. **1.50-4.05am Football** South Africa v Iraq: Men's Group A match.

RED BUTTON 5 2.00pm Dressage Coverage of the Team Dressage event from National Equestrian Centre. **9.30 Fencing** The women's foil and men's sabre finals from Carioca Arena 3. **2.00-2.45am Sailing** From Marina da Gloria.

RED BUTTON 6 1.50pm Beach Volleyball The latest preliminary matches from Beach Volleyball Arena. **5.55 Canoe Slalom** The men's K1 semi-finals and final from Whitewater Stadium. **8.30 Handball** Norway v Angola: Coverage of the women's Group A match. **10.50 Basketball** Australia v USA: Coverage of the men's Group A match. **2.20-4.20am Basketball** Venezuela v China: Coverage of the men's Group A match.

RED BUTTON 7 1.50pm Hockey Spain v New Zealand: The women's Group A match. **3.55 Shooting** The men's 50m Pistol final. **5.00 Football** Algeria v Portugal: The men's Group D match. **7.50 Football** Germany v Fiji: The men's Group C match. **10.00 Hockey** China v The Netherlands: Women's Group A match. **12.20-4.25am Volleyball** From Maracanazinho.

RED BUTTON 8 7.50pm Football South Korea v Mexico: The men's Group C match. **10.50 Football** Colombia v Nigeria: The men's Group B match. **1.50-4.05am Football** Denmark v Brazil: The men's Group A match.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* Coverage from Bath, Newton Abbot and Gowran Park.
1.30pm LIVE Racing *Racing UK* Meetings at Salisbury and Beverley.
5.30pm LIVE Evening Racing *Racing UK* Coverage of this evening's meeting at Kempton Park.
9.00pm LIVE Stateside *At The Races* Coverage from the United States.
2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

(HD) High Definition

Thursday

11 August

Evening Planner

TODAY AT THE OLYMPICS

Masters champion Danny Willett and Justin Rose launch Britain's golf challenge in the first round of the men's competition. In the rowing, the men's pair final should be a highlight as New Zealand duo Hamish Bond and Eric Murray face GB's Matt Langridge and James Foad. In the women's double sculls, Katherine Grainger (with Vicky Thornley) will pursue victory after her famous success in London when she won her first gold after three silvers at three previous Games. David Florence gets a second shot at a medal in the men's slalom canoe double with Richard Hounslow; while gold will be awarded in the final of the men's rugby sevens. In the gymnastics, American pocket dynamo **Simone Biles** looks a good bet for the women's individual all-round title. Over at the velodrome, it's the start of the track cycling, with Team GB looking for a repeat of its 2012 domination. Finally, in the pool, the highlight looks set to be the men's 200m individual medley, where Michael Phelps goes against Ryan Lochte.

Danny Willett

Simone Biles

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	7.00 Olympics 2016...	7.30 EastEnders	8.00 Olympics 2016 – Live: Including artistic gymnastics and track cycling				10.00 News; Local News	
	102 BBC2	7.00 Eggheads	7.30 Olympics 2016...	8.00 Full Steam Ahead		9.00 The 80s with Dominic Sandbrook		10.00 Olympics 2016 – Live	
	103 ITV	7.00 Emmerdale	7.30 Real Stories...	8.00 Emmerdale	8.30 The Cruise	9.00 Paul O'Grady's Animal Orphans		10.00 News; Local News	10.40 Drive †
	104 CHANNEL 4	7.00 News		8.00 The Supervet: Bionic Specials		9.00 999: What's Your Emergency?		10.00 Ramsay's Hotel Hell	
	105 CHANNEL 5	7.00 Cricket on 5		8.00 Desperately Seeking Stardom: On...		9.00 Celebrity Big Brother		10.00 30 Stone But Can't Stop Eating	
	106 SKY1	7.00 The Simpsons		8.00 Duck Quacks Don't Echo		9.00 Don't Tell the Bride		10.00 Modern Family	
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Including the women's individual artistic gymnastics all-around final							
	118 ITV2	◂ 5.50 Take...	7.20 Funniest Ever You've...	8.00 Two and a Half Men		9.00 Film: Hot Fuzz			
	138 MORE4	◂ 6.55 Four in a Bed		7.55 Grand Designs		9.00 Love Child		10.00 24 Hours in A&E	
	136 E4	7.00 Hollyoaks	7.30 Coach Trip...	8.00 The Big Bang Theory		9.00 New Girl	9.30 Angie Tribeca	10.00 Brooklyn Nine-Nine	
	107 SKY LIVING	◂ 6.45 My Kitchen Rules: Australia		8.00 Chicago Fire				10.00 Criminal Minds	
	108 SKY ATLANTIC	7.00 Without a Trace		8.00 Blue Bloods		9.00 Band of Brothers			
	110 GOLD	7.00 Miranda	7.40 Only Fools and Horses			9.00 Fawlty Towers	9.45 Come Fly with Me		10.30 Fawlty Towers
	111 DAVE	7.00 American Pickers		8.00 QI XL		9.00 Would I Lie to You?	9.40 Mock the Week	10.20 QI	
	119 ITV3	7.00 Murder, She Wrote		8.00 Endeavour				10.00 Lewis	
	120 ITV4	7.00 Pawn Stars		8.00 The Motorbike Show		9.00 Silverstone Classic		10.00 Film: Death Wish V: The Face of Death	
	112 COMEDY CENTRAL	7.00 Friends		8.00 Impractical Jokers		9.00 Film: Fun with Dick and Jane			
	114 SYFY	7.00 Star Trek: The Next Generation		8.00 Fact or Faked: Paranormal Files		9.00 Bitten		10.00 Film: Diamond Dogs	
	109 W	◂ 6.35 Extreme Makeover: Home Edition			8.20 Celebrity MasterChef	9.00 David Beckham Into the Unknown		10.00 EastEnders	10.40 Don't...
	113 UNIVERSAL	7.00 NCIS		8.00 Major Crimes		9.00 Mr Robot		10.00 Law & Order: Special Victims Unit	
	124 FOX	7.00 NCIS				9.00 Family Guy	9.30 American Dad!	10.00 Family Guy	10.30 American Dad!
	121 SKY ARTS	◂ 6.45 Queen – The Magic Years		8.00 Master of Photography		9.00 Discovering: Joan Crawford		10.00 Occupied	
Documentary	520 DISCOVERY	7.00 Fast N' Loud		8.00 Misfit Garage		9.00 Alaskan Bush People Special		10.00 Homestead Rescue	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Meet the Orangutans		9.00 Venom Hunters		10.00 River Monsters	
	526 NAT GEO	7.00 Air Crash Investigation		8.00 Yukon Gold		9.00 Lawless Island		10.00 Banged Up Abroad	
	529 HISTORY	7.00 Storage Wars		8.00 Pawn Stars		9.00 Duck Dynasty		10.00 Pawn Stars	10.30 Storage Wars
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 'Allo 'Allo!	8.35 Whatever Happened to the Likely Lads?			9.55 Keeping Up Appearances	
	532 EDEN	7.00 Biggest & Baddest		8.00 Ganges		9.00 Life in the Undergrowth		10.00 Uranium: Twisting the Dragon's Tail	
Films	301 SKY PREMIERE	◂ 6.15 4 Minute Mile		8.00 The Man from U.N.C.L.E				10.00 Infini	
	303 SKY HITS	◂ 5.25 Harry Potter and the Half-Blood...		8.00 Focus			9.50 Pitch Perfect 2		
	304 SKY SPIES	◂ 6.05 Charlie's Angels		8.00 Mission: Impossible – Rogue Nation					10.30 Taken 3...
	305 SKY DISNEY	◂ 6.25 Aladdin		8.00 Into the Woods				10.10 Alice in Wonderland	
	306 SKY FAMILY	◂ 6.25 Kermit's Swamp Years		8.00 Home			9.45 The Giver		
	307 SKY ACTION	7.00 Clash of the Titans				9.00 Everest			
	308 SKY COMEDY	◂ 5.55 Hitch		8.00 Hot Pursuit			9.35 Drillbit Taylor		
	309 SKY CRIME	◂ 5.40 Four Brothers	7.30 Cop Car			9.00 The Equalizer			
	310 SKY DRAMA	◂ 5.50 The Second Best Exotic Marigold...		8.00 Love & Mercy				10.15 St Elmo's Fire	
	311 SKY SCI-FI	◂ 6.20 Self/less			8.30 Suicide Squad...	9.00 Watchmen			
	312 SKY SELECT		7.10 Interstellar					10.00 Vanilla Sky	
	315 FILM4	◂ 6.10 Transformers: Revenge of the Fallen				9.00 Prisoners			
	317 TCM	7.00 Jeremiah Johnson				9.00 Jackie Chan's First Strike			10.40 Mad...
Sport	401 SKY SPORTS 1	7.00 Premier League...	7.30 EFL Cup – Live: Bristol Rovers v Cardiff City: From the Memorial Stadium (Kick-off 7.45)					10.00 More Than a...	10.30 Great Sporting...
	402 SKY SPORTS 2	7.00 NatWest T20 Blast Cricket – Live: The fourth quarter-final							
	403 SKY SPORTS 3	7.00 ATP Tour...	7.30 Super League Super 8s – Live: Widnes Vikings v Hull FC: From Select Security Stadium (Kick-off 8.00)						10.30 Rugby Show
	404 SKY SPORTS 4	◂ 6.00 US Senior Open Golf – Live: Day one of the Major from Scioto Country Club in Ohio						10.00 PGA Tour Golf – Live	
	410 EUROSPORT 1	7.00 Going...	7.20 Cycling		8.30 Cycling: Elite...	9.00 Cycling: Arctic Race of Norway			10.35 Going...
	411 EUROSPORT 2	◂ 6.45 MCE British Superbikes		8.15 British Superbikes Extra		9.15 World Superbikes			

◂ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101 HD 141/115 | VIR 101 HD 108 | F'VIEW 1 HD 101 | F'SAT 101 HD 106/108

6.00am Olympic Breakfast (S)(HD)

9.15 Countryside 999
Documentary. (S)(R)(HD)(AD)

10.00 Homes Under the Hammer
Property auction. (S)(R)(HD)(AD)

11.00 Wanted Down Under
Life in New Zealand. (S)(R)(HD)(AD)

11.45 The Housing Enforcers
A musician in Sandwell is on the brink of being evicted. (S)(HD)

12.15pm Bargain Hunt
From Newark. (S)(R)(HD)(AD)

1.00 BBC News (S)(HD)

1.30 Local News (S)

1.45 Olympics 2016
Rowing Coverage of the finals in the men's pair at **2.00**, women's double sculls at **2.20**, men's double sculls at **2.40** and men's lightweight four at **3.00** at the Lagoa Stadium.
Canoeing The men's C2 canoe slalom semi-final gets under way at **4.30**.
Tennis The men's singles quarter-finals and women's singles semi-finals.
Swimming Action from the men's 50m freestyle swimming heats at **5.00** and women's 800m freestyle heats from **5.28**. (S)(HD)

6.00 BBC News (S)(HD)

6.30 Local News (S)

7.00 Olympics 2016
Clare Balding presents a look ahead to this evening's coverage. (S)(HD)

7.30 EastEnders
Masood encourages Carmel to apply for a new job. (S)(HD)(AD)
■ Repeated later on W

8.00 Olympics 2016
Track cycling The men's team sprint qualifying at **8.00**, women's team pursuit qualifying from **8.19**, men's team sprint semi-finals at **9.10** and men's team pursuit qualifying from **9.23** at the Rio Olympic Velodrome.
Gymnastics The women's artistic gymnastics all-around final at the Rio Olympic Arena at **8.00**. (S)(HD)

10.00 BBC News (S)(HD)

10.30 Local News (S)

10.45 Olympics 2016
Rugby Sevens The bronze medal match, followed by the final at **11.00** at the Deodoro Stadium. (S)(HD)

12.00m't Olympics 2016
Featuring women's hockey and swimming coverage. (S)(HD)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116 HD 116/143 | VIR 107 HD 163 | F'VIEW 9 HD 106 | F'SAT 110 HD 107

1.00pm Olympics 2016
Badminton Action from the men's and women's singles group matches at Riocentro from **1.00**.
Hockey Action from the men's match between Ireland and Canada at the Olympic Hockey Centre at **3.00**.
Golf Updates from the opening round on the Olympic Golf Course. (S)(HD)

4.00 Olympics 2016
Tennis Action from the men's singles quarter-finals and women's singles semi-finals at the Olympic Tennis Centre from **4.00**, where defending men's champion Andy Murray hopes to still be involved, keeping his hopes of a double Olympic title alive.
Golf The opening day of the men's competition at the Olympic Golf Course. (S)(HD)

7.00 Olympics 2016
Gymnastics Action from the women's individual artistic gymnastics all-around final at the Rio Olympic Arena at **8.00**.
Swimming The latest action from the Olympic Aquatics Stadium.
Canoeing The canoe slalom from the Whitewater Stadium. (S)(HD)

10.00 Olympics 2016
Judo The men's -100kg and women's -78kg finals take place at Carioca Arena 2, with current Commonwealth champion Natalie Powell hoping to be in contention for Team GB in the women's event.
Table Tennis The men's bronze medal match gets under way at Riocentro at **12.30**, followed by the final at **1.30**. (S)(HD)

2.00am Britain on Film: War and Peace (S)(R) **2.30** Sounds of the Sixties (S)(R) **3.00-4.00am** Cleopatra: A Timewatch Guide (S)(SL)(R)(AD)

DID YOU KNOW?

Men's golf

The last time golf featured at the Olympics – at St Louis, Missouri, in 1904 – 74 of the 77 players were American. Canadian George Lyon won the gold medal.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 92)

BBC2

SKY 102 HD 115/141 | VIR 102 HD 162 | F'VIEW 2 HD 102 | F'SAT 102 HD 108/106

6.00am Paul Martin's Handmade Revolution (S)(R)(HD) **6.45 Homes Under the Hammer** (S)(R)(HD) **7.45 The Housing Enforcers** (S)(R)(HD) **8.15 Sign Zone: New Zealand: Earth's Mythical Islands** (S)(R)(AD) **9.15 Olympics: Rio Highlights 2016** (S)(HD)
1.00pm LIVE Olympics 2016 Coverage of the men's and women's single sculls rowing semi-finals. Plus, highlights from day one of the men's golf. (S)(HD)
1.45 Red Rock (S)(HD)(AD) **2.30 The Edge** (S)(R)(HD) **3.15 Escape to the Country** (S)(R)(HD)(AD) **4.00 The Great Antiques Map of Britain** (S)(R)(HD) **4.30 Flog It!** (S)(R)(HD) **5.15 Pointless** Quiz show. (S)(R)(HD)
6.00 LIVE Olympics 2016 Day six in Rio, featuring the men's C2 and women's K1 canoe slalom finals from **6.15** and swimming heats from **6.20**. (S)(HD)

8.00 Full Steam Ahead

7.00 Eggheads
General knowledge quiz show hosted by Jeremy Vine. (S)(HD)

7.30 LIVE Olympics 2016
Day six in Rio, including a round-up of tennis, sailing and badminton, plus build-up to the artistic gymnastics and cycling coverage. (S)(HD)

8.00 Full Steam Ahead
4/6. The historians take a trip on the Flying Scotsman, arguably the most famous locomotive in the world, and explore how the railways revolutionised communication. (S)(HD)(AD)

9.00 The 80s with Dominic Sandbrook
2/3. The historian continues his personal review of the 1980s, touching on the invasion of the Falklands, the Aids epidemic, the miners' strike and the introduction of the home computer. (S)(HD)(AD)

10.00 LIVE Olympics 2016
Clare Balding introduces continued coverage of the track cycling events, including qualifying in the men's team pursuit and the final of the men's team sprint. (S)(HD)

10.45 Newsnight (S)(HD)

11.15 Weather (S)(HD)
11.20 An Hour to Save Your Life
The life-or-death decisions facing medical staff in the first critical hour of emergency care. (S)(R)(HD)(AD)
12.20am Brexit: The Battle for Britain
Laura Kuenssberg tells the inside story of the EU Referendum. (S)(R)(HD)
1.20-2.50 Sign Zone: The Refugee Camp: Our Desert Home (S)(R)(AD) **2.20 Rhod Gilbert's Work Experience** (S)(R)
2.50-6.00am Previews (HD)

ITV1

SKY 103 HD 178 | VIRGIN 103 HD 113 | F'VIEW 3 HD 103 | F'SAT 103 HD 111

6.00am Good Morning Britain (S)(HD)
8.30 Lorraine (S)(HD)
9.25 The Jeremy Kyle Show (S)(R)(HD)
10.30 This Morning Actor Neil Pearson talks about his roles in the new films *ID2: Shadwell Army* and *Bridget Jones's Baby*. (S)(HD)
12.30pm Loose Women With singer-turned-actor Duncan James. (S)(HD)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Judge Rinder (S)(R)(HD)
3.00 Secret Dealers The experts bid on an Asprey silver and enamel serpent egg clock. (S)(R)(HD)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)(HD)
5.00 Cash Trapped Quiz show hosted by Bradley Walsh. (S)(HD)
6.00 Local News (S)
6.30 ITV News (S)

7.30 Real Stories with Ranvir Singh

7.00 Emmerdale
David secretly visits Tracy's dad in prison. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

7.30 Real Stories with Ranvir Singh
5/6. Phil Neville's wife Julie talks about the couple's daughter, who has cerebral palsy. (S)(HD)

8.00 Emmerdale
Rakesh is sickened by Andy's concern for Chrissie's feelings. (S)(HD)(AD)
■ Repeated tomorrow on ITV2

8.30 The Cruise
1/6. Life on board luxury cruise ship the Regal Princess. (S)(R)(HD)

9.00 Paul O'Grady's Animal Orphans
The comedian embarks on a tour of Africa, meeting an eight-month-old rhino, teaching a young aardvark how to hunt for termites and playing with a lion cub. (S)(R)(HD)

10.00 ITV News (S)

10.30 Local News (S)

10.40 Drive
4/5. It is the semi-final and the star drivers, including Colin Jackson, Johnny Vegas and Angus Deayton, are thrown into the world of high-speed rallycross. (S)(R)(HD)

11.40 Murder, She Wrote *Death 'n' Denial:* Jessica tries to clear a friend implicated in the theft of a priceless Egyptian relic. (S)(R)(HD)(AD)
12.35am Jackpot247 3.00 ITV Nightscreen (HD) **5.05-6.00am The Jeremy Kyle Show** (S)(SL)(R)(HD)

+1 hour | SKY 131 | VIRGIN 114 | FREEVIEW 33 | FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am 3rd Rock from the Sun (S)(R)(AD) **7.05 Everybody Loves Raymond** (S)(R) **7.55 Frasier** (S)(R)(AD) **9.00 The Big Bang Theory** (S)(R)(HD)(AD) **10.00-11.30 The Simpsons** (S)(R)(AD) **11.30 Come Dine with Me** (S)(R)(HD)
12.00noon News (S)(HD)
12.05-2.10pm Come Dine with Me Back-to-back editions. (S)(R)(HD)
2.10pm Fifteen to One: Grand Final SERIES FINALE The 15 best series winners compete. (S)(HD)
3.10 Countdown (S)(HD)
4.00 Three in a Bed (S)(R)(HD)
5.00 Couples Come Dine with Me From Newcastle. (S)(R)(HD)
6.00 The Simpsons (S)(R)(AD)
6.30 Hollyoaks Freddie and Joe find out that the garage has already been sold. (S)(HD)(AD)

8.00 The Supervet: Bionic...

7.00 News (S)(HD)

8.00 NEW SERIES The Supervet: Bionic Specials 1/4. Vet Noel Fitzpatrick uses 3D technology to create a new elbow joint for a terrier and a custom-made implant to replace part of a dog's skull affected by cancer. *See feature, page19* (S)(HD)(AD)

9.00 999: What's Your Emergency? PC Greg Greaves calls for back-up after two suspects shout claims of abuse and racism at him, and a paramedic arrives at the home of a Latvian woman who has been mugged. (S)(HD)

10.00 Ramsay's Hotel Hell Gordon Ramsay visits the Beachfront Inn & Inlet in Florida, whose inexperienced owner is making guests' time miserable with dusty rooms, late-night concerts and poor service. (S)(HD)(AD)

11.00 Britain's Benefit Tenants (S)(R)(HD)(AD) **12.05am Naked Attraction** (S)(R)(HD)(AD) **1.00 The Job Interview** (S)(R)(HD)(AD) **1.55 Brexit: Who'll Do Your Job Now? – Dispatches** (S)(R)(HD)(AD)
2.30 Phil: Secret Agent Down Under (S)(SL)(R)(HD) **3.25 Double Your House for Half the Money** (S)(SL)(R)(HD)(AD) **4.20 Kirstie's Fill Your House for Free** (S)(R)(HD) **4.35 Countdown** (S)(R)(HD) **5.15-6.15am Fifteen to One** (S)(R)(HD)

+1 hour | SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

6.00-9.15am Milkshake!
9.15am The Wright Stuff (HD)
11.15 Cowboy Builders (S)(R)(HD)
12.10pm News (S)(HD)
12.15 Celebrity Big Brother (R)(HD)
1.15 Home and Away (S)(HD)(AD)
1.45 Neighbours (S)(HD)(AD)
2.20 NCIS *Shabbat Shalom:* 11/24. Ziva's father turns up unannounced. (Series 10) (S)(R)(HD)(AD)
3.15 NEW Guilty Until Proven Innocent: Garage Sale Mystery Crime drama starring Lori Loughlin and Lindsay Maxwell. (S)(HD)
5.00 News (S)(HD)
5.30 Neighbours The community comes together to create a superhero day for Poppy. (S)(R)(HD)(AD)
6.00 Home and Away Brody takes over Angelo's. (S)(R)(HD)(AD)
6.30 News (S)(HD)

8.00 Desperately Seeking...

7.00 Cricket on 5 Mark Nicholas presents action from day one of the fourth and final Test between England and Pakistan at The Oval. (S)(HD)

8.00 Desperately Seeking Stardom: On Benefits 22/24. A woman who hopes the chance of a movie role will finally give her the break she has been looking for, and a Southend man who spends his benefits helping to feed the homeless. (S)(HD)

9.00 Celebrity Big Brother The latest news from the star-studded compound. (S)(HD)

10.00 30 Stone But Can't Stop Eating Overweight people who are happy in their skin, including 30st Terry, who dreams of Hollywood stardom, and sumo wrestler Sharran, one of the world's heaviest sportswomen. (S)(R)(HD)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the *CBB* companion show, featuring gossip, chat and features from the house. (S)(HD)
12.05am SuperCasino 3.10 Aircrash: Collision in the Skies (S)(R) **4.00 World's Most Pampered Pets** (S)(SL)(R)(HD) **4.45 HouseBusters** (S)(SL)(R) **5.10-6.00am House Doctor** Double bill of the series. (S)(SL)(R)

+1 hour | SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND
Sky 953, Virgin 863, Freesat 957
No variations

WALES
Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND
Sky 970, Freesat 970
No variations

N. IRELAND
Sky 972, Freesat 969
No variations

WALES
Sky 971, Freesat 971
No variations

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
7.00am Cyw **1.00pm** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Clasuron Cefn Gwlad **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Difas yr Eisteddfod **4.00** Awr Fawr **5.00** Stwnsh: Dim Byd **5.10** Stwnsh: Dennis a Dannedd **5.20** Stwnsh: Jac Russell **5.40** Stwnsh: Drewgi **5.55** Stwnsh: Bernard **6.00** Pobol y Cwm (AD) **6.25** Newyddion S4C a'r Tywydd **6.30** Dudley ar Daith (AD) **7.00** Heno **7.30** O'r Galon: Teulu (AD) **8.00** Pobol y Cwm (AD) **8.25** Bob a Marianne (AD) **9.00** Newyddion 9 a'r Tywydd **9.30** Ralïo+ **10.00-11.35pm** Eisteddfod Genedlaethol 2016 SERIES FINALE

Today's listings for the *BBC's Olympic Channels* are on page 92

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Dinner Date (HD) **7.10** The Ellen DeGeneres Show (HD) **8.00** Emmerdale (HD)(AD) **8.30** Coronation Street (HD)(AD) **9.00** You've Been Framed! Gold **9.30** Psych (HD) **10.20** Royal Pains (HD) **11.15** Dinner Date (HD)
12.15pm Emmerdale (HD)(AD) **12.45** Coronation Street (HD)(AD) **1.15** You've Been Framed! Gold **1.45** The Ellen DeGeneres Show (HD) **2.35-5.50** The Jeremy Kyle Show: Triple bill. (HD) **5.50** Take Me Out (HD)

7.20 Funniest Ever You've Been Framed! Gold Home-video clip show.

8.00 Two and a Half Men 5&6/16. (Series 8) (HD)

9.00 FILM Hot Fuzz Cop thriller spoof starring Simon Pegg and Nick Frost. An overachieving London police officer is transferred to a sleepy rural town. Includes *FYI Daily* at 10.05. (HD)(AD) (2007, 15, 115min) ★★★★★
11.25 Family Guy: Double bill. (AD) **12.25am** American Dad! (HD)(AD) **1.20-2.15am** The Vampire Diaries (HD)(AD)

+1 hour | SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am Jamie's 15 Minute Meals (HD)(AD) **9.35** A Place in the Sun: Winter Sun (HD) **10.30** Food Unwrapped (HD) **11.05** Hugh's 3 Good Things: Best Bites (HD) **11.25 FILM** Comanche Station: Western. (HD) (1960, PG, 74min) ★★
12.55pm Time Team (HD) **3.05** A Place in the Sun: Winter Sun (HD) **5.15-7.55** Four in a Bed: Back-to-back editions. (HD)

7.55 Grand Designs A 100-year-old blacksmith's forge in Co Antrim is restored. (HD)

9.00 Love Child NEW EPISODE 5/8. Shirley's dream of a new life with Johnny is shattered, and Annie gets a job backstage in a singing club – but soon finds herself in the spotlight. (AD)

10.00 24 Hours in A&E A 78-year-old is rushed in with breathing difficulties. (HD)(AD)
11.05 8 Out of 10 Cats Does Countdown (HD) **12.10am** Ramsay's Kitchen Nightmares USA **1.10** 24 Hours in A&E (HD)(AD) **2.15** 8 Out of 10 Cats Does Countdown (HD) **3.20-3.35am** River Cottage Bites (HD)

+1 hour | SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Supergirl (HD) **7.00** The Flash (HD) **9.00** Futurama (AD) **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles (HD)
12.00noon Hawaii Five-0 (HD) **1.00pm** Supergirl (HD) **2.00** The Flash (HD) **4.00** Modern Family (Series 6) (HD) **5.00** The Simpsons (HD) **5.30** Futurama **6.30** The Simpsons (HD)

7.00 The Simpsons *Covercraft:* Homer forms a band. (HD) **7.30** *I Won't Be Coming Home for Christmas*. (HD)

8.00 Duck Quacks Don't Echo Lee Mack hosts the comedy panel game with Jerry Springer, Emma Bunton and Jason Byrne. (HD)(AD)

9.00 Don't Tell the Bride NEW EDITION 4/6. A bride-to-be dreams of a romantic ceremony on a Mediterranean beach, but her fiancé has his sights set on a funfair-themed day and she has agreed to hand over total control. (HD)

10.00 Modern Family 9/24. Mitch and Cam campaign to save an old tree in the park. (HD) **10.30** 10/24. Claire and Cameron build a baseball diamond. (Series 4) (HD)
11.00 Premier League Years (HD) **1.00am** NCIS: Los Angeles (Series 6) (HD) **2.00** Limitless (HD)(AD) **3.00** Arrow (HD)(AD) **4.00** Road Wars (HD) **5.00-6.00am** Ninja Warrior

+1 hour | SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Hollyoaks (HD)(AD) **6.25** Coach Trip: Road to Ibiza (HD)(AD) **6.50** Melissa & Joey (HD)(AD) **7.10** How I Met Your Mother (HD)(AD) **8.05** Rules of Engagement (HD) **9.00** The Goldbergs (HD)(AD)
10.00 Baby Daddy (HD) **11.00** Charmed **1.00pm** How I Met Your Mother (HD)(AD) **2.00** The Big Bang Theory (HD)(AD) **3.00** Baby Daddy (HD) **4.00** Melissa & Joey (HD)(AD) **5.00** The Goldbergs (HD)(AD) **6.00** The Big Bang Theory (HD)(AD) **7.00** Hollyoaks (HD)(AD)

7.30 Coach Trip: Road to Ibiza NEW EDITION In Nice, two new arrivals join the tour and prove very popular with the boys. (HD)(AD)

8.00 The Big Bang Theory Double bill. (HD)(AD)

9.00 New Girl NEW EPISODE 11/22. Jess helps Cece move her things out of her apartment. (Series 5) (AD)

9.30 Angie Tribeca NEW EPISODE 6/10. Geils and Tribeca try to find the culprit stealing organs at a local hospital. (Series 2) (AD)
10.00 Brooklyn Nine-Nine (HD)(AD) **11.00** The Big Bang Theory (HD)(AD) **12.00m't** Gogglebox (SL)(HD) **1.00am** First Dates (HD) **2.05** Rude Tube (HD) **3.00** Drifters (SL)(HD) **3.50** Angie Tribeca (AD) **4.10** Rules of Engagement (HD) **4.55-6.00am** Charmed

+1 hour | SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Living
SKY 107 HD 107/221 | VIRGIN 112 HD 111

6.00am UK Border Force (HD) **8.00** Million Dollar Listing: NYC (HD) **9.00-11.00** Nothing to Declare UK (HD) **11.00** RSPCA Animal Rescue (HD) **12.00noon** The Biggest Loser: Australia **1.00pm** Million Dollar Listing: NYC (HD) **2.00** Criminal Minds (HD) **4.00** UK Border Force (HD) **5.00** Cooks to Market **5.15-6.45** Nothing to Declare **6.45** My Kitchen Rules: Australia **NEW EDITION** (HD)

9.00 Chicago Fire

7 PM **My Kitchen Rules: Australia** (started at 6.45pm)

8 PM **8.00 Chicago Fire** *Short and Fat:* 9/23. Clues to Serena's whereabouts are uncovered, while Captain Patterson has news for everyone. (HD)

9 PM **9.00 NEW EPISODE** *The Beating Heart:* 10/23. A member of Firehouse 51 falls victim to a near-fatal stabbing. (Series 4) (HD)

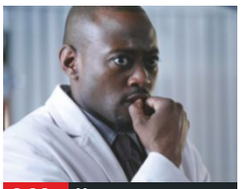
10 PM **10.00 Criminal Minds** *All That Remains:* 14/24. A man reports his teenage daughters missing. (Series 8) (HD)

11.00 Criminal Minds (HD) **2.00am** Bones (HD) **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am Richard E Grant's Hotel Secrets (HD) **7.00** The British (HD) **8.00** Cold Case (HD) **10.00** The West Wing (HD) **11.00** House (Series 1) (HD) **12.00noon** Without a Trace (HD) **1.00pm** Blue Bloods (HD) **2.00** The Petrol Age (HD) **3.00** Cold Case (HD) **5.00** The West Wing (HD) **6.00** House: *Maternity:* 4/22. A virus spreads through the hospital and infects six babies. (Series 1) (HD)



6.00 House

7 PM **7.00 Without a Trace** *Penitence:* 12/23. The team searches for a convict who disappeared during a fight in the prison yard. (Series 3) (HD)

8 PM **8.00 Blue Bloods** *Whistle Blower:* 10/22. Erin enlists Danny and Jackie's help to find the killer of an informant. (Series 2) (HD)

9 PM **9.00 Band of Brothers** *Crossroads:* 5/10. Winters is promoted to a desk job, but finds the change of pace hard to accept, while news arrives of a planned Axis raid on the Allied lines. (HD) **10.10** *Bastogne:* 6/10. (Series 1) (HD)

10 PM **11.30** Last Week Tonight with John Oliver (HD) **12.05am** Vice Principals (HD) **12.40** Ballers (HD) **1.15** The Sopranos (HD) **2.25** Veep (HD) **4.00** Richard E Grant's Hotel Secrets (HD) **5.00-6.00am** The British (HD)

+1 hour SKY 170

GOLD
SKY 110 | VIRGIN 124

7.00am Outnumbered **7.30** The Brittas Empire **8.05** My Hero **8.45** Creature Comforts **8.55-10.55** Last of the Summer Wine: Triple bill. **10.55am-12.55pm** Keeping Up Appearances **12.55pm** Outnumbered **1.35** The Brittas Empire **2.15** My Hero **2.55-5.00** Last of the Summer Wine: Triple bill. **5.00** Only Fools and Horses: The Trotters dabble in the diamond import business.

7.00 Miranda

7 PM **7.00 Miranda** A hotel stay adds excitement to Miranda's life. **7.40 Only Fools and Horses** Christmas special from 1986. Rodney dates the daughter of the Duke of Maylebury, and Del sees the chance for the family to marry into the aristocracy.

8 PM

9 PM **9.00 Fawlty Towers** Basil tries to stop an unmarried couple lowering moral standards. **9.45 Come Fly with Me** A wing malfunction delays passengers.

10 PM **10.30 Fawlty Towers** Hotel inspectors throw Basil into a panic. **11.10** Absolutely Fabulous **12.25am** Come Fly with Me **1.05** The Young Ones **1.50** Cheers **2.20** Bewitched **2.45** Absolutely Fabulous **3.50-4.00am** Rex the Runt

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 | VIRGIN 127 HD 194 | F'VIEW 12

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Red Bull Soapbox Race (HD) **9.00** Lizard Lick Towing (HD) **10.00** American Pickers (HD) **11.00** Storage Hunters (HD) **12.00noon** Top Gear **1.00pm** American Pickers (HD) **3.00** World's Most Dangerous Roads (HD) **4.00** Lizard Lick Towing (HD) **5.00** Red Bull Soapbox Race (HD) **6.00** Top Gear: With studio guest Hugh Grant.

6.00 Top Gear

7 PM **7.00 American Pickers** Mike and Frank find a dinosaur bone, and ask the curators of the Museum of Natural Science to verify it.

8 PM **8.00 QI XL** Stephen Fry asks Isy Suttie, Tim Minchin, Bill Bailey and Alan Davies a range of unusual questions on the topic of keys. (HD)

9 PM **9.00 Would I Lie to You?** With Miles Jupp, Heston Blumenthal, Emilia Fox and Ed Byrne. (HD) **9.40 Mock the Week** With Gary Delaney, Holly Walsh and Josh Widdicombe. (HD)

10 PM **10.20 QI** With guests Jo Brand, Vic Reeves and Clive Anderson.

11.00 QI **11.40** Would I Lie to You? (HD) **12.20am** Mock the Week (HD) **1.00** QI **2.20** Mock the Week **3.00-4.00am** Red Bull X-Fighters (HD)

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 | VIR 117 HD 177 | F'VIEW 10 | F'SAT 115

6.00am Movies Now (HD) **6.10** Doctor in the House **6.35** Heartbeat **7.35** Where the Heart Is **8.35** The Royal **9.40-11.00** Judge Judy: Triple bill. (HD) **11.00** Murder, She Wrote (HD) **12.00noon** Love Your Garden (HD) **1.00pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** Doctor in the House **4.50** Rising Damp **5.20** George and Mildred **5.55** Heartbeat: *Sins of the Fathers.*

10.00 Lewis

7 PM **7.00 Murder, She Wrote** *Capitol Offence:* Jessica takes over a politician's seat in Washington while trying to discover who killed him. (HD)

8 PM **8.00 Endeavour** *Arcadia:* The detective discovers dark secrets in a family-run supermarket, as he investigates a possible connection to a fire that killed an artist who was involved with political activists. (HD)

9 PM

10 PM **10.00 Lewis** *And the Moonbeams Kiss the Sea:* Lewis investigates the death of a maintenance engineer found shot in the head. (HD)

12.00m't-2.00am Inspector Morse: *Fat Chance.* (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 | VIR 118 HD 178 | F'VIEW 24 | F'SAT 117

6.00am British Touring Cars – Crashes and Smashes (HD) **6.10** Magnum, PI (HD) **6.55** Gunsmoke **7.50** The Sweeney **8.45** Ironside **9.50** Quincy ME (HD) **10.55** Magnum, PI (HD) **11.55** Gunsmoke **1.00pm** Pawn Stars: Double bill. (HD) **2.00** Storage Wars: Double bill. (HD) **2.55** The Sweeney **3.55** Quincy ME (HD) **5.00** Ironside **6.00** Storage Wars: Double bill of editions. (HD)

10.00 Death Wish V...

7 PM **7.00 Pawn Stars** The team values a 1932 Lincoln Roadster. (HD) **7.30** A car load of signed *Star Trek* memorabilia attracts interest. (HD)

8 PM **8.00 The Motorbike Show** Henry Cole meets the California-based Brit who is reviving the American chopper. (HD)

9 PM **9.00 Silverstone Classic NEW EDITION** Andy Jaye presents highlights from the motor racing festival. (HD)

10 PM **10.00 FILM** Death Wish V: The Face of Death: Thriller with Charles Bronson as a vigilante who goes on the rampage when his fiancée is murdered. Includes *FYI Daily* at 11.00. (HD) (1993, 15, 91min) ★ **11.55 FILM** Unleashed: Action drama starring Jet Li. Includes *FYI Daily* at 12.55. (HD) (2005, 18, 102min) ★★★ **2.00-3.00am** Benidorm

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 | VIRG 160

6.00am Animal House **7.00** The Steve Wilkos Show **8.00** Jerry Springer **9.00** Battle of the Brides **10.00** The Biggest Loser: Australia **11.00** Nothing to Declare **12.00noon** America's Next Top Model **1.00pm** The Biggest Loser: Australia **2.00** Four Weddings **3.00** Obese: A Year to Save My Life USA **4.00** 60 Minute Makeover **5.00** The Steve Wilkos Show **6.00** Obese: A Year to Save My Life USA **7.00** Nothing to Declare **9.00** Stop, Search, Seize **10.00** Police Force: Australia **11.00** Sexcetera **12.00m't** Most Shocking **1.00am** Eurotrash: The Sexy Bits **1.30** Red Shoe Diaries **2.00** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 | VIRG 121

6.00am Stop, Search, Seize **8.00** 60 Minute Makeover **9.00** Ninja Warrior Women Tournament **10.00** Robot Wars Extreme **11.00** Monkey Life **12.00noon** Harrow: A Very British School **1.00pm** Robot Wars Extreme **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter **4.00** Danger Dogs **5.00** Stargate SG-1 **6.00** Relic Hunter **7.00** A Town Called Eureka **8.00** Arrow: *Dead to Rights:* 16/23. (Series 1) **9.00** The Last Ship **10.00** Zoo: *The Walls of Jericho:* 4/13. (Series 2) **11.00** Brit Cops **12.00m't** Ross Kemp: Battle for the Amazon **1.00am** The Last Ship **2.00** Zoo **3.00** Ninja Warrior Women Tournament **4.00** Robot Wars Extreme **5.00-6.00am** Andromeda

Pick
SKY 152 | VIRG 123 | F'VIEW 11 | F'SAT 144

6.00am 60 Minute Makeover **7.00** Most Haunted **8.00** Sixth Sense with Colin Fry **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12.00noon** Border Security: Canada's Front Line **1.00pm** 60 Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** The Dog Whisperer **5.00** Monkey Business **6.00** A Town Called Eureka **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Shocking Crimes: Murder Book **10.00** Stop, Search, Seize **11.00** Brit Cops: Rapid Response **12.00m't** Police Force: Australia **1.00am** Road Wars **2.00** Most Shocking **3.00** Coastline Cops **4.00** Motorway Patrol **4.30** Highway Patrol **5.00-6.00** Road Wars

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 | VIRG 156

7.00am Kourtney & Khloe Take Miami **8.00** News **8.30** Botched **9.00** Keeping Up with the Kardashians **11.00** Total Divas **12.00noon** News **12.30pm** Botched **1.00** Christina Milian Turned Up **2.00** Just Jillian **3.00** Rich Kids of Beverly Hills **4.00** Total Divas **5.00** Keeping Up with the Kardashians **7.00** News **7.30** Botched **8.00** Keeping Up with the Kardashians **9.00** Wags **NEW EDITION** **10.00** Keeping Up with the Kardashians **11.00** News **11.30** Botched **12.00m't** Total Divas **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** I Am Cait **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 | VIRG 126 HD 200

7.00am Diagnosis Murder **8.00** Murdoch Mysteries (HD) **10.00** Sue Thomas: F.B.Eye **11.00** Castle (HD) **12.00noon** Rizzoli & Isles (Series 2) (HD) **1.00pm** Diagnosis Murder **2.00** Sue Thomas: F.B.Eye **3.00** Murdoch Mysteries (HD) **5.00** Castle (HD) **6.00** Rizzoli & Isles (HD) **7.00 Crossing Lines** (HD) **8.00 Father Brown** *The Laws of Motion:* A day out at a local hill climb track ends in disaster. (HD) **9.00 King and Maxwell** *Pilot:* 1/10. Pilot episode of the drama with Jon Tenney. (Series 1) (HD) **10.00 Lie to Me** (HD) **11.00** Crossing Lines (HD) **12.00m't** Perception (HD) **1.00-3.40am** Ripper Street (HD)

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 | VIR 119 HD 179 | F'VIEW 26 | F'SAT 118

9.00am Be Beautiful (HD) **9.10** The Only Way Is Essex (HD) **10.00** Who's Doing the Dishes? (HD) **11.00** Flipping Out (HD) **12.00noon** Buying and Selling (HD) **1.00pm** Dinner Date (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City **4.00** The Real Housewives of Cheshire: Double bill. (HD) **6.00** Dinner Date (HD) **7.00** Buying and Selling (HD) **8.00** Dinner Date (HD) **9.00** Million Dollar Listing (HD) **10.00** Atlanta Plastic: Featuring a woman whose dramatic weight loss has left her with sagging skin. (HD) **11.00** The Only Way Is Essex (HD) **11.50pm-12.40am** The Jeremy Kyle Show USA: Talk show.

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00am Robin of Sherwood **6.55** Always and Everyone **7.50** Upstairs, Downstairs **8.50** The Casebook of Sherlock Holmes (HD) **9.50** Heartbeat **10.55** The Grand **12.05pm** Peak Practice **1.05** Robin of Sherwood **2.10** Always and Everyone **3.10** Heartbeat **4.20** Upstairs, Downstairs **5.35** The Casebook of Sherlock Holmes (HD) **6.40** Agatha Christie's Poirot (HD) **9.00** The Americans **SERIES FINALE** *Persona Non Grata:* 13/13. (Series 4) (HD) **10.00** Vera (HD) **12.05am** Agatha Christie's Poirot (HD) **1.10** Broadchurch (HD) **2.15** Kingdom **3.10** Breathless (HD) **4.00** Upstairs, Downstairs **5.00-6.00am** The Casebook of Sherlock Holmes (HD)

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle (HD) **9.00** That '70s Show: Double bill. **10.00** Bob's Burgers: Double bill. (HD) **11.00am-2.00pm** Friends: Back-to-back episodes. (HD)
2.00pm Impractical Jokers: Double bill. (HD) **3.00-7.00** Friends: Back-to-back episodes, including at: **6.30** 9/27. Monica attempts to buy her neighbours' friendship by making some candy for them. (Series 7). (HD)

9.00 Fun with Dick and...

7.00 Friends 11/24. Phoebe's ex-boyfriend arrives in town. (HD) **7.30** 12/24. Ross and Joey get trapped on the roof. (Series 7) (HD)

8.00 Impractical Jokers The guys take a time-sensitive challenge. (HD) **8.30** The guys provide a false sense of security to a chemist's clientele. (HD)

9.00 FILM Fun with Dick and Jane Satirical comedy with Jim Carrey and Téa Leoni. (HD) (2005, 12, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 FILM A Haunted House: Horror spoof. (HD) (2013, 15, 84min) ★ **12.40am** The Daily Show **NEW EDITION** (HD) **1.05** South Park (HD) **2.00** Russell Howard's Stand Up Central (HD) **2.30** Drunk History (HD) **3.00** Comedy Central at the Comedy Store (HD) **3.50-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Buffy the Vampire Slayer **8.00** Teleshopping **11.00** Star Trek: Voyager **12.00noon** Star Trek: The Next Generation
2.00pm FILM Asteroid v Earth: Sci-fi disaster thriller. (2014, PG, 91min) ★ **4.00 FILM** Sleeping Beauty: Fantasy. (2014, PG, 89min) ★
6.00 Star Trek: The Next Generation: *Redemption – Part Two:* 1/26. Picard meets the Romulan leader. (Series 5)

9.00 Bitten

7.00 Star Trek: The Next Generation *Darmok:* 2/26. Picard faces an alien captain. (Series 5)

8.00 Fact or Faked: Paranormal Files A man in California who claims a ghost is communicating with him through photographs.

9.00 Bitten SERIES FINALE *Ready:* 13/13. Logan tells the Pack he will help in the coming fight, but has demands in return.

10.00 FILM Diamond Dogs Action adventure starring Dolph Lundgren and Yu Nan. (HD) (2007, 15, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't Bitten **1.00am** Star Trek: Voyager **2.00** Star Trek: The Next Generation **4.00-6.00am** Quantum Leap

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.05am MasterChef Australia: The Professionals (HD) **6.50** Extreme Makeover: Home Edition **8.40** My Dream Home (HD) **9.40** The Bill
10.40 Tipping Point (HD) **12.40pm** Judge Faith **NEW EDITIONS** Double bill. (HD) **1.40** Extreme Makeover: Home Edition
3.35 My Dream Home (HD) **5.35** Tipping Point: Game show. (HD) **6.35** Extreme Makeover: Home Edition

9.00 David Beckham...

Extreme Makeover: Home Edition (started at 6.35pm)

8.20 Celebrity MasterChef The contestants cook a meal for 2010 champion Lisa Faulkner. (HD)

9.00 David Beckham Into the Unknown 2/2. The former footballer continues his trek through the Amazon rainforest. (HD)

10.00 EastEnders As shown on BBC1. (HD)

10.40 Don't Tell the Bride An eccentric groom plans his wedding.

11.40 Russell Howard's Good News (HD) **12.40am** EastEnders (HD) **1.15** Atlantis (HD) **2.50-3.00am** Dynamo: Top Ten Greatest Moments

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am CSI: Miami (Series 2) (HD) **7.00** Teleshopping **8.00** CSI: Miami: Double bill. (Series 2) (HD)
10.00am-2.00pm Law & Order: Back-to-back episodes. (Series 18&19) (HD)
2.00-7.00pm NCIS: Back-to-back episodes, including at: **5.00** *Murder 2.0:* 6/25. (HD) **6.00** *Collateral Damage:* 7/25. A security guard is killed during a bank robbery. (Series 6) (HD)

9.00 Mr Robot

7.00 NCIS *Cloak:* 8/25. DiNozzo and Ziva go on a decoy mission to retrieve top-secret information from a secure military base. (Series 6) (HD)

8.00 Major Crimes *Snitch:* 5/23. Detective Sykes flouts the rules to protect a young witness following a gangland shooting. (Series 4) (HD)

9.00 Mr Robot NEW EPISODE *eps1.4-3xplOits.wmv:* 5/10. Elliot meets Tyrell, who knows the CTO was framed. (Series 1) (HD)

10.00 Law & Order: Special Victims Unit *Gray:* 9/24. A woman claims to have been raped. (Series 12) (HD)

11.00pm-2.00am Law & Order: Special Victims Unit (HD) **2.00am** Mr Robot (HD) **3.00** Numb3rs (HD) **5.00-6.00am** CSI: Miami (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Law & Order: Criminal Intent (Series 1) (HD) **9.00** Medium (Series 2) (HD) **11.00** The Closer (HD)
1.00pm NCIS: Double bill. (Series 9) (HD) **3.00** Medium (Series 2) (HD)
5.00 The Closer: *Lover's Leap:* 11/15. A woman is found dead at the bottom of a cliff. (HD) **6.00** *Till Death Do Us Part – Part One:* 12/15. Brenda uncovers a secret involving Fritz. (Series 3) (HD)

11.00 Neon Joe...

7.00 NCIS *Rekindled:* 21/24. A fire crew discovers a man's body after putting out a blaze at a navy-contracted electronics company. (HD)

8.00 *Playing with Fire:* 22/24. The team discovers the elusive arsonist was not working alone. (Series 9) (HD)

9.00 Family Guy Lois tries to save the life of Stewie's new best friend. (HD)
9.30 American Dad! Hayley becomes a news intern. (HD)

10.00 Family Guy (HD) **10.30** American Dad! (HD) **11.00** Neon Joe, Werewolf Hunter **NEW EPISODE** Joe's secret past is revealed. **11.30** Robot Chicken (HD) **11.45** Brad Neely's Harg Nallin' Sclopio Peepio **NEW EDITION**
12.00m't Family Guy **1.00am** American Dad! (HD) **2.00** Family Guy (HD) **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Highlights **8.00** Tales of the Unexpected **9.00** Talks Music (HD) **10.00** Saint-Saens & Schubert: Bertrand (HD) **11.35** Baim Archive (HD)
12.00noon Painting the Johnsons (HD) **1.00pm** Tales of the Unexpected **2.00** Auction (HD) **3.00** André Rieu: Dreaming (HD)
4.30 Soundstage Presents Joan Baez (HD) **5.45** Last Shop Standing (HD) **6.45** Queen – The Magic Years (HD)

8.00 Master of...

Queen – The Magic Years (started at 6.45pm)

8.00 Master of Photography NEW EDITION 4/8. The contestants take a portrait of actor Michael Madsen. (HD)

9.00 Discovering: Joan Crawford NEW EDITION A look at the life and career of the Oscar-winning actress.

10.00 Occupied (HD) **11.00** Master of Photography (HD) **12.00m't** Royalty Close Up (HD) **12.30am** Celebrity Exposed (HD) **1.00** Steve Schapiro: An Eye on American Icons (HD)(AD)
2.00 Ella Fitzgerald: Live in '57 and '63 **3.15** Greenwich Village: Music That Defined a Generation **5.00-6.00am** In Confidence (HD)

Thursday

7 PM | 8 PM | 9 PM | 10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

9.00am JAG (Series 9) **10.00** NCIS **11.00** Star Trek: Deep Space Nine **12.00noon** Star Trek
1.00pm Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek (Series 1)
7.00 MacGyver *Legend of the Holy Rose – Part Two:* 2/21. Mac sets out to rescue Zoe and locate the Holy Rose. (Series 5)
8.00 Star Trek: Deep Space Nine (Series 2)
9.00 NCIS *Power Down:* 8/24. An attempted robbery leads to a death. (Series 7)
10.00 Bad Girls 12/18. Bev adjusts to life back in Larkhall. (Series 7)
10.50 Walker, Texas Ranger **11.50** NCIS **2.35am** The Streets of San Francisco **3.30** Walker, Texas Ranger **4.15-6.00am** Flashpoint

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12.00noon** Judge Judy **1.00pm** The Streets of San Francisco (Series 5)
2.00 The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI (Series 6) **6.00** Dr Quinn: Medicine Woman
7.00 Heir Hunters An unclaimed £850,000 fortune is investigated.
8.00-10.00 Judge Judy Back-to-back editions of real-life small-claims cases, presided over by former New York judge Judy Sheindlin.
10.00 Cheaters Hidden camera show.
11.00 Cheaters **12.00m't** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45-5.00am** The High Chaparral (Series 2)

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00-11.35am Come Dine with Me (HD) **11.35** Superfoods: The Real Story (HD) **12.00noon** The Question Jury (HD) **1.00pm** Location, Location, Location (HD)
2.00 Phil: Secret Agent Down Under (HD) **3.00** Amazing Spaces Shed of the Year (HD) **4.00** Couples Come Dine with Me (HD) **5.00** Double Your House for Half the Money (HD) **6.00** Phil: Secret Agent Down Under (HD) **7.00** Come Dine with Me (HD) **8.00** Location, Location, Location (HD)
9.00 FILM Super 8: Sci-fi mystery. (HD) (2011, 12, 111min) ★★★★ **11.15** 999: What's Your Emergency? (HD) **12.15am** Flying to the Ends of the Earth (HD) **1.15** Bodyshockers: Nips, Tucks and Tattoos (HD) **2.10-5.00am** Highlights

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **10.00** Access **10.15** Jane Doe: Eye of the Beholder: Mystery.
12.00noon CSI: NY **1.00pm** NCIS (Series 5) **2.00** Person of Interest **4.00** NCIS **5.00** CSI: NY **6.00** CSI: Miami
7.00 NCIS *Lost and Found:* 9/19. The team searches for a missing survivalist. **8.00** *Corporal Punishment:* 10/19. A psychiatric patient escapes. (Series 5)
9.00 Chicago PD NEW EPISODE *Never Forget I Love You:* 9/23. A woman's head is found. (Series 3)
10.00 Law & Order: Special Victims Unit
11.00 Law & Order **11.55** CSI: NY **12.50am** CSI: Miami **1.50** CSI: NY **2.45** Chicago PD **3.30** True Crimes: The First 72 Hours **3.55-4.00am** Access

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.25** That '70s Show **9.10 FILM** Pudsey the Dog (2014, U) ★ **11.00** That '70s Show **12.00noon** My Wife and Kids **1.00pm** Dance Moms **1.55** Access **2.00** Celebrity Big Brother
3.00 Neighbours **3.30** Home and Away **4.00** 8 Simple Rules... **5.00** Celebrity Big Brother **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Sing It On! **SERIES FINALE**
9.00 FILM Grown Ups 2 (2013, 12) ★ **11.00** Sex Pod **12.00m't** Celebrity Big Brother: Live from the House **NEW EDITION** **1.00am** Celebrity Big Brother: Flirts, Friends & More **2.00** Celebrity Big Brother: Best Bits – Tasks, Twists and Bombshells **3.00** That '70s Show **3.50-4.00am** Access

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12.00noon** The Avengers
1.00pm McBride: Murder Past Midnight **3.00** Danielle Steel's Message from Nam **5.00** Highway to Heaven **6.00** Touched by an Angel (Series 8)
7.00 M*A*S*H Double bill.
8.00 The Avengers *The House that Jack Built:* 23/26. A house becomes a deathtrap. (Series 4)
9.00 FILM Against Her Will: The Carrie Buck Story Fact-based drama starring Marlee Matlin. (1994, PG, 120min) ★★
11.00 The Last Don **1.00-3.00am FILM** Prophet of Evil: The Ervil LeBaron Story: Fact-based drama. (1993, 15, 91min) ★★★

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am The Bill **8.00** Sharpe **10.00** Lovejoy **11.00** The Bill **1.00pm** Last of the Summer Wine **1.40** Brush Strokes
2.20 Birds of a Feather **3.00** Sharpe **5.00** Lovejoy **6.00** Brush Strokes **6.40** Last of the Summer Wine
7.20 Whatever Happened to the Likely Lads?
8.00 Cadfael *The Virgin in the Ice – Part Two:* Brother Cadfael continues his investigation into the murder of a nun.
9.00 Judge John Deed *Economic Imperative:* Jo is shocked when a single mother asks if she will take care of her son after her death.
11.00 Birds of a Feather **11.40** The Bill **12.40am** Lovejoy **1.40** The Indian Doctor **2.35** Cadfael **3.20-4.00am** Birds of a Feather

THURSDAY Entertainment & Lifestyle

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM The Out-of-Towners Comedy remake starring Steve Martin, Goldie Hawn and John Cleese. (1999, 12, 92min) ★★★
7.00 Grey's Anatomy *What Have I Done to Deserve This?* 19/27. Meredith and George deal with tension at work. **8.00** *Band-Aid Covers the Bullet Hole:* 20/27. Derek and Addison come to terms with their relationship. (Series 2)
9.00 FILM We Were Soldiers War drama based on real events, starring Mel Gibson. (2002, 15, 137min) ★★★
11.40 FILM Butterfly on a Wheel: Psychological thriller starring Pierce Brosnan. (2007, 15, 95min) ★ **1.30am FILM** Blind Horizon: Thriller starring Val Kilmer. (2003, 15, 99min) ★★ **3.30-5.30am** Grey's Anatomy: Double bill.

CBS Reality

SKY 146 VIRGIN 148 F'VIEW 66 F'SAT 135

9.00am Judge Judy **10.00** Unsolved Mysteries: Double bill. **12.00noon** The Super
1.00-3.00pm Judge Judy: Back-to-back editions. **3.00** It's a Miracle with Roma Downey **5.00-7.00** Judge Judy: Back-to-back editions.
7.00 Medical Detectives Double bill of the series.
8.00 Troubled Teens: Jail Shock Placing at-risk teens in a programme to steer them away from a life of crime.
9.00 Stalkers Who Kill What happens when relationships go bad and one partner becomes obsessive.
10.00 Snapped: Killer Couples
11.00 Medical Detectives **12.00m't** I Survived **1.00am** Stalkers Who Kill **2.00** Snapped: Killer Couples **3.00** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 VIRG 201 F'VIEW 67 FSAT 136

Challenge

SKY 145 VIRGIN 139 F'VIEW 46 F'SAT 146

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase: Double bill. **9.00** Pointless **10.00** Deal or No Deal: Double bill. **11.30** Dale's Supermarket Sweep
12.00noon Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase: Double bill. **2.00** Pointless **3.00** The Chase **4.00** The Chase USA **5.00** Total Wipeout **6.00** Robot Wars
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong.
9.00 The Chase Quiz show hosted by Bradley Walsh.
10.00 Classic Who Wants to Be a Millionaire? Quiz.
11.00pm-1.00am Bullseye: Back-to-back editions. **1.00am** Pointless: Double bill. **3.00** The Chase **4.00** Robot Wars **5.00-6.00am** Are You Smarter Than a 10 Year Old?

+1 hour SKY 164 VIRG 180 FSAT 147

Comedy Central Extra

SKY 128 VIRGIN 182

9.00-11.00am Friends **11.00** Two and a Half Men **12.00noon** Malcolm in the Middle **1.00pm** Impractical Jokers **2.00** The Middle
3.00 Malcolm in the Middle: Double bill. **4.00** Bob's Burgers **5.00** Two and a Half Men **6.00** That '70s Show **7.00** Malcolm in the Middle **8.00** Bob's Burgers **9.00** Russell Howard's Good News The comedian's perspective on stories dominating the media. **10.00** Impractical Jokers: Double bill.
11.00 Friends **12.00m't** Workaholics **12.30am** Bob's Burgers **1.00** Broad City **1.30** The Alternative Comedy Experience **2.00** The Daily Show **2.30** Workaholics **3.00** Broad City **3.25** Bob's Burgers **3.50** Sir Leslie Quint: A Life in Film **3.55** South Park **4.20-6.00am** The King of Queens: Four episodes.

+1 hour SKY 159

DMax

SKY 167 VIRGIN 170

6.00am Operation Repo: Double bill. **7.00** Custom My Ride **8.00** Tanked **9.00** American Chopper: Senior Versus Junior: Double bill. **11.00** Misfit Garage
12.00noon Operation Repo: Double bill. **1.00pm** Trawler Wars **2.00** Mythbusters **3.00** Food Factory **4.00** Tanked **5.00** Gold Divers: Under the Ice **6.00** Yukon Men
7.00 Alaska: The Last Frontier
8.00 Food Factory Double bill.
9.00 Insane Pools: Off the Deep End The crew creates a giant double-pool.
10.00 Property Wars
11.00 Yukon Men **12.00m't** American Chopper: Senior Versus Junior **2.00am** Custom My Ride **3.00** Operation Repo **3.50** Misfit Garage **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour SKY 233 VIRG 171

Food Network

SKY 248 VIRGIN 291 F'VIEW 41 F'SAT 148

6.00am Barefoot Contessa – Back to Basics: Double bill. **7.00** Anna Olson: Fresh **8.00** Private Chef **9.00** The Pioneer Woman **10.00 NEW SERIES** Reza, Spice Prince of Thailand **10.30** Reza, Spice Prince of Thailand **NEW EDITION 11.00** Forever Summer with Nigella
12.00noon Jamie's 15 Minute Meals **1.00pm** Barefoot Contessa **2.00** Australian Food Adventures **3.00** The Pioneer Woman **4.00** Private Chef **NEW EDITIONS 5.00** Ace of Cakes **6.00** Andy Bates Brazilian Street Feasts
7.00 Jamie's 15 Minute Meals **8.00** Man v Food **9.00** Food Fighters **10.00** Restaurant: Impossible **11.00** Bizarre Foods America **NEW EDITION 12.00m't** Diners, Drive-Ins and Dives **1.00am** Restaurant: Impossible **2.00-3.00am** Food Fighters

+1 hour SKY 250 FSAT 149

Good Food

SKY 133 HD 133/255 VIRG 278 HD 280

6.00am Highlights **8.30** Jamie's 30 Minute Meals (HD) **9.00** The Great Sport Relief Bake Off (HD) **10.00** World's Best Restaurants (HD) **11.00** MasterChef USA (HD) **12.00noon** Hairy Bikers' Mississippi Adventure (HD)
1.00pm Nigel Slater's Simple Suppers (HD) **1.30** Jamie's 30 Minute Meals (HD) **2.00** The Great Sport Relief Bake Off (HD) **3.00** World's Best Restaurants (HD) **4.00** MasterChef USA (HD) **5.00** Hairy Bikers' Mississippi Adventure (HD) **6.00** Nigel Slater's Simple Suppers (HD)
6.30 Jamie's 30 Minute Meals (HD) **7.00** The Great Sport Relief Bake Off (HD) **8.00** World's Best Restaurants (HD) **9.00** MasterChef USA (HD) **10.00** Hairy Bikers' Mississippi Adventure (HD) **11.00** Great Sport Relief Bake Off (HD) **12.00m't-6.00am** Highlights

+1 hour SKY 243 VIRG 279

Home

SKY 196 VIRGIN 281 F'VIEW 25

7.00am Homes Under the Hammer **8.00** Flog It! **9.00** DIY SOS: Double bill. **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea
12.00noon Homes Under the Hammer **1.00pm** Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00** Flog It!
7.00 Homes Under the Hammer Properties in Basildon, Forfar and Derby.
8.00 DIY SOS Double bill.
9.00 A Place in the Sun: Home or Away
10.00 Fantasy Homes by the Sea Properties in Dorset.
11.00 Escape to the Country **12.00m't** DIY SOS: Double bill. **1.00am** Flog It! **2.00** Homes Under the Hammer **3.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 VIRG 282

Home & Health

SKY 240 VIRGIN 284

6.00am Deliver Me **7.00** Quints by Surprise **8.00** Deliver Me: Home Edition **9.00** Extreme Cheapskates **10.00** Cowboy Builders **11.00** Homes Under the Hammer
1.00pm Extreme Couponing **2.00** Cowboy Builders **3.00** Homes Under the Hammer **5.00** Deliver Me **6.00** Deliver Me: Home Edition
7.00 Lottery Changed My Life
8.00 I'm Having Their Baby Tiffany Savannah tries to get her ex-boyfriend to sign adoption papers.
9.00 Undercover Mums Dawn O'Porter tries to bring a family closer together.
10.00 Sex Sent Me to the ER
11.00 I Didn't Know I Was Pregnant **12.00m't** Monsters Inside Me **1.00am** I'm Having Their Baby **2.00** Undercover Mums **3.00** Sex Sent Me to the ER **4.00-6.00am** Homes Under the Hammer

+1 hour SKY 241 VIRG 285

Lifetime

SKY 156 HD 156/236 VIRG 208 HD 209

6.00am Judge Judy (HD) **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00-11.00** Judge Judy: Back-to-back editions. (HD) **11.00** Storage Wars (HD) **12.00noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD)
2.00 Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00** Judge Judy **NEW EDITIONS** (HD) **8.00** Judge Judy (HD) **9.00** Project Runway **NEW EDITION** (HD)
10.00 Child Genius US (HD) **11.00** Little Women: NY (HD) **12.00m't** Neighbours with Benefits (HD) **1.00am** Project Runway (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20-6.00am** Hardcore Pawn (HD)

+1 hour SKY 197

Quest

SKY 144 VIRG 172 F'VIEW 37

6.00am The Great Rod Race **6.20** Total Fishing with Matt Hayes **7.10** Scrapheap Challenge **8.00-10.00** How It's Made: Back-to-back editions. **10.00** Wheeler Dealers: On the Road **11.00** Fifth Gear **12.00noon** James May's Toy Stories
1.00pm Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: A Profile **5.00** World War Two: The Complete History **6.00** Bear Grylls: Born Survivor **7.00** Salvage Hunters **9.00** Fast N' Loud
10.00 American Chopper: Senior Versus Junior **11.00** Destroyed in Seconds **12.00m't** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M°A°S°H: Double bill of the series. **4.00** Put Your Money Where Your Mouth Is **5.00-6.00am** Scrapheap Challenge

+1 hour SKY 195 VIRG 173 F'VIEW 38

Really

SKY 155 VIRGIN 129 F'VIEW 17 F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes Under the Hammer **12.00noon** DIY SOS **1.00pm** Bargain Hunt
2.00 Escape to the Country **3.00** Antiques Road Trip **400** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes Under the Hammer
7.00 Escape to the Country
8.00 The Other Side NEW EDITIONS A church caretaker is bothered by the spirit of a mysterious woman. **8.30** The team members visit a museum in Saskatchewan.
9.00 Ghost Adventures
10.00 Most Haunted NEW EDITION 7/10. From Middleton Hall. (Series 18)
11.00 Cold Justice **12.00m't** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00-6.00am** The Clothes Show

Shed

SKY 242 VIRGIN 286

6.00-7.30am Off the Hook: Extreme Catches: Triple bill. **7.30** Record Breaking Fish **8.00** Total Fishing with Matt Hayes: Double bill. **9.00** Thinking Tackle: Double bill.
11.00 Mythbusters: Double bill. **1.00-2.30pm** Off the Hook: Extreme Catches: Triple bill. **2.30** Record Breaking Fish **3.00** Total Fishing with Matt Hayes **4.00** Thinking Tackle **6.00** Property Wars
7.00 Overhaulin' The team works on a 1967 Galaxie. **8.00** Chip Foose and the team try to improve a convertible Cadillac.
9.00 Moonshiners A convertible Cadillac needs attention. **10.00** Jeff and Mark travel deeper into the mountains.
11.00 Manhunt with Joel Lambert **12.00m't** What Happened Next? **1.00am** Destroyed in Seconds **2.00** Thinking Tackle **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 VIRGIN 193

7.00am 'Til Death: Double bill. **8.00** Soldier, Soldier: Double bill. **10.00** Saving Hope
12.00noon FILM Man of the House: Action comedy starring Tommy Lee Jones. (2005, 12, 100min) ★★★ **2.05pm** Saving Hope **3.05-7.00** Celebrity Ghost Stories: Back-to-back editions.
7.00 Saving Hope (Series 3)
8.00 The Night Shift *Recovery:* 1/14. TC defies his suspension to help a man trapped under an elevator. (Series 2)
9.00 Ashes to Ashes 5/8. Alex comes face to face with her 14-year-old future husband. **10.05** 6/8. A body is found in a canal, and Gene suspects the victim was killed by a local loan shark. (Series 2)
11.10 Will & Grace: Double bill. **12.10am** The Night Shift **1.10-4.00am** Celebrity Ghost Stories: Triple bill.

+1 hour SKY 181

Spike

SKY 160 F'VIEW 31 F'SAT 141

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters: Relentless Barracuda **11.00** Eddie Stobart: Trucks and Trailers
12.00noon Police Interceptors: Double bill. **2.00pm FILM** Vera Cruz: Western adventure. (1954, PG, 94min) ★★★ **3.55** Access **4.00** Can't Pay? We'll Take It Away **5.00** Eddie Stobart: Trucks and Trailers **6.00** Police Interceptors
8.00 Can't Pay? We'll Take It Away Paul and Steve face an unusual eviction. **9.00** An eviction proves to be the most confrontational case two agents have ever faced.
10.00 The X-Files *Kill Switch:* 11/20. Living software targets its creator. (Series 5)
11.00 Wynonna Earp **12.00m't** Justified **NEW EPISODE 1.00am** Tattoo Disasters UK **2.00** Lip Sync Battle **2.30-3.00am** Lip Sync Battle: Iggy Azalea vs Nick Young

TLC

SKY 125 HD 125/234 VIRG 167 HD 168

6.00am Highlights **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **NEW EDITION 11.00** Hoarding: Buried Alive (HD) **12.00noon** Extreme Couponing Special: Holiday Hauls (HD) **1.00pm** Little People, Big World
2.00 Cake Boss: The Next Great Baker (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress Canada (HD)
9.00 My 600lb Life: Where Are They Now? (HD) **10.00** Devious Maids **NEW EPISODE** (HD) **11.00** Sex Sent Me to the ER (HD) **12.00m't** Say Yes to the Dress Canada (HD) **1.00am** My 600lb Life: Where Are They Now? (HD) **2.00-6.00am** Highlights

+1 hour SKY 154 VIRG 169

TruTV

SKY 198 VIRGIN 212 F'VIEW 68 F'SAT 154

6.00am-7.00pm Psychic Detectives: Multiple editions.
7.00pm America's Got Talent Simon Cowell, Howie Mandel, Mel B and Heidi Klum are joined by George Lopez as the Judge Cuts continue, choosing who they want to go through to the next round.
9.00 Stranger In My Home When new tenants move into a socialite's chalet, jealousy, unpaid rent and simmering resentments leave one dead and the others locked in a bloody, silent conspiracy. **10.00** After an old man collapses, his carer tries in vain to save his life – but it seems there is more to his demise than meets the eye.
11.00 Fear Thy Neighbour **1.00-2.15am** Psychic Detectives **2.15** The People's Court **3.00-4.10** Hot Bench **4.10** Masterminds **5.00-6.00am** Crime Stories

+1 hour SKY 271

YourTV

SKY 199 F'VIEW 72 F'SAT 157

9.00am Unusual Suspects: Double bill. **11.00** Crimes of the Rich and Famous
12.00noon-2.00pm Corrupt Crimes: Back-to-back editions. **2.00pm** Crimes of the Rich and Famous: Double bill. **4.00** Deadly Doctors: Celebrity Case Files **5.00** Hollywood and Crime **6.00** Snapped: Killer Couples
7.00-10.00 Snapped: Women Who Kill The trial of Nanette Johnston and her ex-lover for the murder of her former boyfriend 17 years earlier. **8.00** A model who went on the run after being charged with attempted murder. **9.00** The murder of a popular casino employee.
10.00 Snapped: Killer Couples A couple of kidnappers take a rich businessman and leave him to die in a shallow grave.
11.00pm-3.00am Snapped: Killer Couples: Back-to-back editions of the series.

Discovery

SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper (HD) **9.00** Fast N' Loud (HD) **11.00** Wheeler Dealers (HD)
1.00pm Fat N' Furious: Rolling Thunder (HD) **2.00** Gold Rush (HD) **3.00** Bear Grylls: Born Survivor (HD) **4.00** Mythbusters (HD)
5.00 Wheeler Dealers (HD) **6.00** Fast N' Loud: Richard and Aaron buy a 1963 Ford Falcon that once belonged to hot rod legend Jim Hadden. (HD)

9.00 Alaskan Bush...

7.00 Fast N' Loud Aaron chances the wrath of the Big Monkey when he overrides Richard's instructions on a Mustang Fastback. (HD)

8.00 Misfit Garage Scot gives the crew a two-week deadline, but things come to a halt after Thomas builds a dodgy engine. (HD)

9.00 Alaskan Bush People Special NEW EDITION The Browns embark on an adventure beyond Alaska's borders. (HD)

10.00 Homestead Rescue SERIES FINALE The Raneys visit a failing homestead in Colorado. (HD) **11.00** Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD)
1.00am Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Alaskan Bush People Special (HD) **3.50** Homestead Rescue (HD) **4.40-6.00am** How It's Made: Triple bill. (HD)

+1 hour SKY 521 VIRGIN 252

Animal Planet

SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: Off the Deep End (HD)
12.00noon Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00** From Wags to Riches (HD) **4.00** Bondi Vet NEW EDITION (HD) **5.00** Animal Cops Detroit **6.00** Flying Wild Alaska (HD)

8.00 Meet the...

7.00 Tanked The duo are asked to create a pipeline water tank, and also a smoker aquarium for the Rolling Smoke BBQ. (HD)

8.00 Meet the Orangutans The lives of orphaned baby orang-utans. (HD) **8.30** The babies are at risk from parasites. (HD)

9.00 Venom Hunters On the final hunt of the season, Brian and Chewy return for one last hunt that may make or break them. (HD)

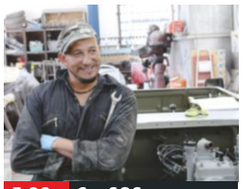
10.00 River Monsters: Jeremy Wade investigates accounts of a 20-foot Canadian lake monster. (HD) **11.00** Bondi Vet (HD) **12.00m't** Tanked (HD) **1.00am** Meet the Orangutans: Double bill. (HD)
2.00 Venom Hunters (HD) **3.00** River Monsters (HD) **3.50** Deadliest Catch (HD) **4.40** Whale Wars (HD) **5.30-6.00am** Animal Airport (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic

SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am Nazi Megastructures **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD)
12.00noon Wicked Tuna (HD) **1.00** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00pm** Air Crash Investigation: Double bill. (HD)
5.00 Car SOS: Fuzz and Tim restore a 1974 Corvette Stingray. (HD) **6.00** Supercars: A visit to the Porsche factory. (HD)



5.00 Car SOS

7.00 Air Crash Investigation How a failure of air traffic control equipment led to a collision over Germany, killing 71 people.

8.00 Yukon Gold Ken's pregnant wife pressures him to return home in time for the birth. (HD)

9.00 Lawless Island Mary takes Amanda on her first deer hunt, which proves an eye-opening experience. (HD)

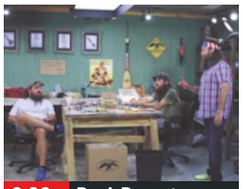
10.00 Banged Up Abroad Two British backpackers kidnapped in Panama. (HD)
11.00 Air Crash Investigation (HD) **12.00m't** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00** Building America's Super Submarine (HD) **3.00-5.00am** Big, Bigger, Biggest (HD)

+1 hour SKY 527 VIRGIN 267

History

SKY 529 HD 529/545 VIRGIN 270

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars: Double bill. (HD) **11.00** Counting Cars: Best of (HD)
12.00noon Storage Wars (HD) **1.00-3.00pm** Pawn Stars: Back-to-back editions. (HD) **3.00** Mountain Men (HD) **5.00** Pawn Stars (HD)
6.00 American Pickers: Mike, Frank, Robbie and Danielle all hit the road in search of treasure. (HD)



9.00 Duck Dynasty

7.00 Storage Wars The buyers return to Montebello. (HD) **7.30** The buyers hope for hidden treasures in Moreno Valley. (HD)

8.00 Pawn Stars An autographed picture of John Belushi. (HD) **8.30** The work of Las Vegas pawnbrokers. (HD)

9.00 Duck Dynasty NEW EDITIONS Willie is challenged to a game of dodgeball. (HD) **9.30** The ladies take a self-defence class. (HD)

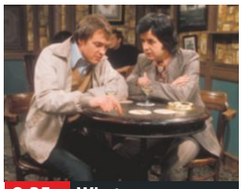
10.00 Pawn Stars: A signed platinum disc from glam metal band Poison. (HD) **10.30pm-12.00m't** Storage Wars: Triple bill. (HD)
12.00m't Duck Dynasty: Double bill. (HD) **1.00am** Pawn Stars (HD) **1.30-3.00am** Storage Wars: Triple bill. (HD) **3.00** Pawn Stars (HD) **4.00-5.00am** American Pickers (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday

SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Great British Railway Journeys **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets
11.00 Impossible Engineering **12.00noon** Great British Railway Journeys **1.00pm** The World at War **2.00** Monarchy by David Starkey
3.00 Museum Secrets **4.00** Impossible Engineering **5.00** Great British Railway Journeys **6.00** The World at War



8.35 Whatever...

7.00 Monarchy by David Starkey An analysis of the English Civil War and how the period altered British perceptions of the monarchy forever.

8.00 'Allo 'Allo! Rene and the gang break into the chateau to find plans for a secret invasion.
8.35 Whatever Happened to the Likely Lads? Bob has doubts about his marriage. **9.15** Terry finds it difficult to accept that times have changed while he has been away.
9.55 Keeping Up Appearances Hyacinth plans to show off her singing talents.

10.35 Keeping Up Appearances **11.15** 'Allo 'Allo! **11.50** Museum Secrets **12.50am** Great British Ghosts **1.20** The World at War **2.20-3.00am** Great British Ghosts

+1 hour SKY 538 VIRGIN 246

Eden

SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am Life in the Undergrowth **10.00** Uranium: Twisting the Dragon's Tail (HD) **11.00** Wild Colombia with Nigel Marven (HD) **12.00noon** Wild Britain with Ray Mears (HD)
1.00pm Biggest & Baddest (HD) **2.00** Ganges (HD) **3.00** Life in the Undergrowth
4.00 Uranium: Twisting the Dragon's Tail (HD) **5.00** Wild Colombia with Nigel Marven (HD) **6.00** Wild Britain with Ray Mears (HD)

12.00 Wild Colombia...

7.00 Biggest & Baddest Niall McCann travels to a national park in Uganda to learn how villagers are to blame for the decline in lion numbers. (HD)

8.00 Ganges How the Gangetic Plains have been transformed into one of the most densely populated places on Earth. (HD)

9.00 Life in the Undergrowth The network of partnerships that invertebrates have developed with one another and with plants.

10.00 Uranium: Twisting the Dragon's Tail SERIES FINALE (HD) **11.00** Extreme Fishing
12.00m't Wild Colombia with Nigel Marven (HD) **1.00am** Wild Britain with Ray Mears (HD) **2.00** Biggest & Baddest (HD) **3.00** Ganges (HD) **3.45** Life in the Undergrowth **4.30** Uranium: Twisting the Dragon's Tail (HD) **5.30-6.00am** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Thursday

7 PM

8 PM

9 PM

10 PM

Disc. History

SKY 535 VIRG 262

6.00am Showdown: Air Combat **7.00** More Industrial Revelations **8.00** Battlefield Mysteries **10.00** Battlefield **12.00noon** Hitler's Generals **1.00pm** Battlefield Mysteries
3.00 More Industrial Revelations: Double bill of the series. **4.00** Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction **6.00** Greatest Tank Battles **7.00** Treasure Quest **8.00** War Digs with Harry Harris
9.00 Al Murray's Road to Berlin: Double bill. **10.00** Nazi UFO Conspiracy **11.00** Hitler's Generals **12.00m't** Battlefield **2.00am** Treasure Quest **3.00** More Industrial Revelations **4.00-6.00am** Battlefield Mysteries: Double bill.

+1 hour SKY 536 VIRG 263

Disc. Science

SKY 525 VIRG 259

6.00am Strip the City: Double bill. **8.00** Rory McGrath's Best of British Engineering **9.00-11.00** Food Factory USA
11.00 How It's Made **12.00noon** How Do They Do It? **1.00pm** Alien Encounters **2.00** Extreme Engineering **3.00** Salvage Squad **4.00** Scrapheap Challenge **5.00-7.00** How Do They Do It?
7.00 Food Factory USA **8.00** How Do They Do It? **9.00** Chaos Caught on Camera **10.00** How It's Made **12.00m't** Nasa's Unexplained Files **1.00am** Finding Bigfoot **2.00** Ghost Asylum **3.00** Mythbusters **3.50** How It's Made: Double bill. **4.40** How Stuff's Made: Double bill. **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild

SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Cesar to the Rescue NEW EDITION (HD) **9.00am-3.00pm** Caught in the Act: Back-to-back editions. (HD)
3.00pm Amazon Underworld (HD) **4.00** Squid v Whale (HD) **5.00** Ultimate Animal Countdown (HD)
7.00 Pets vs Predators How people in Arizona can protect their pets from predators. (HD)
8.00 Beast Man Pat Spain explores sightings of the Brazilian mapinguari. (HD)
9.00 Wild Scotland The people of the Hebrides reveal how they live side by side with animals. (HD)
10.00 Leopard Queen (HD)
11.00 The Unlikely Leopard (HD) **12.00m't** Clouded Leopard Rescue (HD) **1.00am** Snow Leopard of Afghanistan (HD) **2.00-5.00am** Caught in the Act: Triple bill. (HD)

Turbo

SKY 524 VIRG 261

6.00am Fast N' Loud **7.00** Misfit Garage **8.00** What's My Car Worth? Double bill. **9.00** Wheeler Dealers **10.00** Chasing Classic Cars **11.00** Salvage Squad **12.00noon** Fifth Gear
1.00pm What's My Car Worth? Double bill. **2.00** Bitchin' Rides **3.00** Fast N' Loud: Double bill. **5.00** Fifth Gear **6.00** Wheeler Dealers **8.00** What's My Car Worth? Double bill. **9.00** What's in the Barn? Double bill. **10.00** Wheeler Dealers
11.00 How It's Made: Dream Cars: Double bill. **12.00m't** What's My Car Worth? Double bill. **1.00am** Chasing Classic Cars: Double bill of the series. **2.00** Extreme Car Hoarders **3.00** Overhaulin' **4.40** Extreme Car Hoarders **5.30-6.00am** Wheeler Dealers

PBS America

SKY 534 VIRG 276 FREESAT 156

6.00am The Italian Americans **6.55** The Day the 60s Died **7.55** Britain's Lost Routes with Griff Rhys Jones **9.10** The Day the 60s Died **10.25** 1,000 Days of Fear: The Deadly Race at Los Alamos
11.30 B-2 Stealth at War **12.35pm** Time Team America **1.50** Britain's Lost Routes with Griff Rhys Jones **3.10** 1,000 Days of Fear: The Deadly Race at Los Alamos **4.15** B-2 Stealth at War **5.20** Time Team America **6.35** Britain's Lost Routes with Griff Rhys Jones **7.55** Time Team America **9.00** NEW Children of Giant **10.15** Custer's Last Stand
12.40am Time Team America **1.50** Children of Giant **2.50** The Day the 60s Died **3.50** Britain's Lost Routes with Griff Rhys Jones **5.00-6.00am** The Day the 60s Died

CI

SKY 553 HD 553/555 VIRG 275

6.00am Motives & Murders (HD) **7.00** Homicide Hunter (HD) **8.00** The First 48 (HD) **9.00am-1.00pm** Nightmare in Suburbia: Back-to-back editions. (HD) **1.00pm** Unusual Suspects (HD)
2.00 On the Case with Paula Zahn (HD) **3.00-8.00** Homicide Hunter: Five editions. (HD) **8.00** On the Case with Paula Zahn (HD) **9.00** Homicide Hunter (HD) **10.00** Unusual Suspects NEW EDITION (HD)
11.00 The First 48 NEW EDITION (HD) **12.00m't** The Body Detective (HD) **1.00am** Unusual Suspects (HD) **3.00** Mobsters (HD) **4.00** Teleshopping **5.00-6.00am** On the Case with Paula Zahn (HD)

+1 hour SKY 554

H2

SKY 531 VIRG 273

8.00am 10 Things You Don't Know About **9.00** Dogfights **10.00** Combat Trains **11.00** Defenders of the Sky **12.00noon** 10 Things You Don't Know About
1.00pm Dogfights **2.00** Combat Trains **3.00** Mud Men **4.00** A History of Britain by Simon Schama **5.00** Weapons at War **6.00** Combat Trains
7.00 In Search of Aliens
8.00 Bible Secrets Revealed Why some ancient documents did not make it into the Bible.
9.00 Hoard Hunters
10.00 Ancient Aliens
11.00 1,000 Ways to Die **12.00m't** The Universe: Ancient Mysteries Solved **1.00am** Hoard Hunters **2.00** Ancient Aliens **3.00** In Search of Aliens **4.00-5.00am** The Universe: Ancient Mysteries Solved

THURSDAY Films

Thursday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am Infini 8.00 PREMIERE 4 Minute Mile 9.45 Sixteen 11.15 The Good Dinosaur 12.50pm The Man from U.N.C.L.E As shown at 8.00pm. **2.50 The Perfect Guy** Thriller. (S) (2015, 15, 98min) ★★
4.35 The Good Dinosaur Pixar animated adventure. (S) (2015, PG, 97min) ★★★★ **6.15 PREMIERE 4 Minute Mile** Drama starring Kelly Blatz. (S) (2015, 12, 96min) ★★★ *See review, page 21*

6.15 4 Minute Mile

8 PM **8.00 The Man from U.N.C.L.E** Spy adventure starring Henry Cavill and Armie Hammer. American and Russian agents must work together to defeat a criminal organisation. (S) (2015, 12, 112min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.00 Infini** Sci-fi thriller starring Daniel MacPherson. (2015, 15, 106min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **12.00m't Northwest** Crime drama. (2013, 15, 89min) ★★★
1.45am The Top Ten Show 2016
2.00 The Perfect Guy As 2.50pm.
3.45 Sixteen British urban thriller. (S) (2013, 15, 80min) ★★★
5.15 The Top Ten Show 2016
5.30-6.00am Star Trek Beyond: Special Behind the scenes.

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.20am Big Hero 6 8.10 Cars 10.10 Aladdin 11.45 Tinker Bell and the Great Fairy Rescue 1.10pm Alice in Wonderland As 10.10pm. **2.35 Cars** Animated comedy adventure. (S) (2006, PG, 121min) ★★★
4.35 Big Hero 6 Animated adventure. (S) (2014, PG, 98min) ★★★★ **6.25 Aladdin** Disney animated fantasy adventure, with the voice of Robin Williams as the Genie. (S) (1992, U, 90min) ★★★★★

4.35 Big Hero 6

8 PM **8.00 Into the Woods** Musical fantasy starring Meryl Streep. A wicked witch agrees to lift a curse on a young couple if they will help restore her once beautiful looks. (S) (2014, PG, 120min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.10 Alice in Wonderland** Disney cartoon version of Lewis Carroll's famous tale. (S) (1951, U, 75min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **11.30 Disney's The Kid** Whimsical fantasy. (S) (2000, PG, 104min) ★★
1.25am The Black Hole Sci-fi. (S) (1979, PG, 97min) ★★★
3.05 Into the Woods As 8.00pm.
5.15-6.50am Mars Needs Moms Animated sci-fi adventure. (S) (2011, PG, 88min) ★★

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.10am Surf's Up 7.40 Chitty Chitty Bang Bang 10.10 Dolphin Tale 2 12.00noon Kermit's Swamp Years As 6.25pm. **1.35pm Home** As 8.00pm. **3.10 Dinosaur Island** Fantasy. (S) (2014, PG, 79min) ★
4.35 Dolphin Tale 2 Family drama sequel starring Nathan Gamble and Ashley Judd. (S) (2014, U, 107min) ★★★ **6.25 Kermit's Swamp Years** Children's comedy adventure. (2002, U, 79min) ★★

8.00 Home

8 PM **8.00 Home** Animated adventure featuring the voice of Jim Parsons. An alien on the run from his own people arrives on Earth and embarks on an adventure with a young woman. (S) (2014, U, 94min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.45 The Giver** Sci-fi adventure with Jeff Bridges. A teenager in a peaceful community tries to break free after discovering the dark secrets of its history. (S) (2014, 12, 97min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.35 Chitty Chitty Bang Bang** Children's musical fantasy. (S) (1968, U, 136min) ★★★★
2.10am Surf's Up Animation. (S) (2007, PG, 85min) ★★★★
3.45 The Giver As 9.45pm.
5.30-6.00am Finding Pixar

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

6.00am Clash of the Titans 7.55 Wild Wild West 9.45 Everest 11.55 Flags of Our Fathers 2.15pm Unbroken Drama with Jack O'Connell and Domhnall Gleeson. (S) (2014, 15, 134min) ★★★
4.40 Backdraft Action drama about Chicago firefighters pitted against a serial arsonist. (1991, 15, 131min) ★★★ **7.00 Clash of the Titans** Fantasy starring Sam Worthington. (S) (2010, 12, 106min) ★★

9.00 Everest

8 PM **Clash of the Titans** (film started at 7.00pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00 Everest** Fact-based adventure starring Jason Clarke and Josh Brolin. Two expeditions climb the mountain, only to get caught in one of the fiercest snowstorms ever recorded. (S) (2015, 12, 121min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.05 The Fast and the Furious: Tokyo Drift** Motor racing thriller. (S) (2006, 12, 104min) ★★
12.50am Behind Enemy Lines War drama. (S) (2001, 12, 106min) ★★
2.45 Last Knights Action adventure. (S) (2015, 15, 130min) ★★
4.55-7.10am The Poseidon Adventure Disaster movie. (S) (1972, PG, 117min) ★★★★★

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

7.00am Barely Lethal 8.45 Calendar Girls 10.40 Romy and Michele's High School Reunion 12.20pm Team America: World Police Spoof of Hollywood action movies performed by puppets. (S) (2004, 15, 98min) ★★★★ **2.05 Drillbit Taylor** As shown at 9.35pm.
4.00 Never Been Kissed Romantic comedy. (S) (1999, 12, 107min) ★★★ **5.55 Hitch** Romantic comedy. (S) (2005, 12, 118min) ★★★

9.35 Drillbit Taylor

8 PM **8.00 Hot Pursuit** Crime comedy with Reese Witherspoon. An uptight police officer has to protect a gangster's widow as they go on the run from hitmen and corrupt cops. (S) (2015, 12, 87min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.35 Drillbit Taylor** Comedy starring Owen Wilson. Three nerdy schoolkids hire what they believe to be a former commando as their personal bodyguard, unaware that he is actually a homeless con-man. (S) (2008, 12, 97min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.25 Cop Out** Action comedy. (S) (2010, 15, 107min) ★
1.20am Mr Woodcock Comedy. (S) (2007, 12, 87min) ★★
2.55 The War of the Roses Comedy. (S) (1989, 15, 111min) ★★★★
4.55-6.55am The Pink Panther Comedy caper with Peter Sellers. (S) (1963, PG, 113min) ★★★★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

6.00am The Simpsons Movie 7.45 Top Ten Show 8.00 Pitch Perfect 2 10.00 Ice Age 2 11.45 Harry Potter and the Goblet of Fire
2.25pm Ghostbusters: Special 2.55 Harry Potter and the Order of the Phoenix Fantasy. (S) (2007, 12) ★★★ **5.25 Harry Potter and the Half-Blood Prince** Fantasy. (S) (2009, 12) ★★★★★

8.00 Focus Comedy crime drama starring Will Smith and Margot Robbie. (S) (2015, 15, 105min) ★★★
9.50 Pitch Perfect 2 Comedy sequel starring Anna Kendrick and Rebel Wilson. (S) (2015, 12, 112min) ★★★
11.50 The 40 Year Old Virgin Comedy starring Steve Carell and Catherine Keener. (S) (2005, 15, 116min) ★★★★
1.55am The Drop Drama. (S) (2014, 15, 107min) ★★★★
3.55 Kingsman: The Secret Service Special
4.25-6.05am The Simpsons Movie Animated comedy. (S) (2007, PG, 83min) ★★★★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am The Conversation 8.00 Spy Kids 2: Island of Lost Dreams 9.45 Charlie's Angels 11.40 The Top Ten Show 2016 11.55 Mission: Impossible – Rogue Nation
2.20pm Taken 3 – Extended Cut 4.20 Spy Kids 2: Island of Lost Dreams Comedy. (S) (2002, U) ★★★★ **6.05 Charlie's Angels** Comedy. (2000, 15, 97min) ★★

8.00 Mission: Impossible – Rogue Nation Spy thriller sequel, starring Tom Cruise and Jeremy Renner. (S) (2015, 12, 131min) ★★★★
10.30 Taken 3 – Extended Cut Action thriller sequel starring Liam Neeson. (S) (2014, 15, 110min) ★★
12.30am The Sum of All Fears Action thriller. (2002, 12, 119min) ★★★★
2.45 Marathon Man Thriller. (1976, 18, 126min) ★★★★★
4.55 Mad Max: Fury Road Special Behind the scenes.
5.15 The Top Ten Show 2016
5.30-6.00am Ant-Man: Behind the Scenes

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

6.10am Kung Fu 8.20 Terror on a Train 9.40 Canyon River 11.15 The Man Behind the Gun 12.50pm Kung Fu
3.00 Riding Shotgun Western. (1954, U, 75min) ★★ **4.30 Across the Rio Grande** Musical Western. (1949, b/w, U, 56min) ★★ **5.45 The Marksman** Western drama starring Wayne Morris. (1953, b/w, U, 70min) ★★

7.00 Jeremiah Johnson Adventure starring Robert Redford and Will Geer. (1972, PG, 107min) ★★★
9.00 Jackie Chan's First Strike Action thriller starring Jackie Chan as a Hong Kong cop. (1996, 12, 83min) ★★
10.40 Mad Max Action thriller. (1979, 18, 93min) ★★★★★
12.30am Lolita Drama. (1962, b/w, 15, 152min) ★★★★
3.25 Conspiracy Theory with Jesse Ventura Double bill.
5.00-8.10am Mutiny on the Bounty Seafaring adventure. (1962, 12, 178min) ★★★

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Killer Bees 11.00 The Secret Agent Club 12.50pm Sony Movie News Extra 1.00 Summertree Vietnam drama. (1971, PG, 88min) ★★ **2.50 Buck and the Preacher** Comedy Western. (1971, PG, 102min) ★★
5.00 The Crossing Drama. (2000, 15, 88min) ★★ **6.55 Streetfighter** Action drama. (1994, 12, 102min) ★★

9.00 Anacondas: The Hunt for the Blood Orchid Adventure starring Johnny Messner, KaDee Strickland and Morris Chestnut. (2004, 12, 97min) ★
10.55 Renegade Justice Thriller starring Steven Seagal. A covert agent goes on the rampage in the LA ghetto to find his cop son's murderer. (2007, 18, 95min) ★★
12.50am Bobby Drama. (2006, 15, 120min) ★★★
3.10 Sony Movie News Extra
3.20 Revolution Epic drama. (1985, PG, 123min) ★
5.50-6.00am Sony Movie News Extra Latest film news.

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am The Lost World 9.00 Tales from the Darkside 10.00 Quatermass and the Pit 12.00noon The War of the Worlds 1.00pm Meteorites! 2.50 Highlights
3.00 The Incredible Hulk 4.00 Sherlock Holmes: The Case of the Whitechapel Vampire Mystery thriller. (2002, PG, 90min) ★★ **5.50 Highlights 6.00 Highlander**

7.00 Tales from the Darkside Supernatural yarns.
8.00 The War of the Worlds 13/20. A disease breaks out among the Morthren.
9.00 Inhuman Resources Comic horror with Nicholas Hope. (2012, 18, 93min) ★★
10.55 House on Haunted Hill Horror starring Geoffrey Rush, Famke Janssen, Taye Diggs and Peter Gallagher. (1999, 18, 96min) ★★★
12.50am Mischief Night Horror. (2013, 15, 83min) ★★
2.35-4.30am Twixt Horror. (2011, 15, 88min) ★★

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am King of the World 9.00 Sudden Fury 11.00 The Calendar Girl Murders
1.00pm Untamed Love Fact-based drama. (1994, 12, 92min) ★ **3.00 First Do No Harm** Drama starring Meryl Streep. (1997, PG, 90min) ★★ **5.00 Invisible Child** Family drama starring Rita Wilson and Victor Garber. (1998, PG, 87min) ★★★

7.00 Other Women's Children Drama with Melanie Mayron and Geraint Wyn Davies. (1993, PG, 88min) ★★
9.00 Will There Really Be a Morning? Biopic based on the tragic life of Hollywood star Frances Farmer. Starring Susan Blakely and Lee Grant. (1983, PG, 133min) ★★
11.00 Spinning Boris Political drama starring Jeff Goldblum. (2002, 12, 100min) ★★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Held Hostage Drama with Marlo Thomas. (1991, PG, 93min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

6.10am Final Analysis 8.15 Cop Car 9.45 Executive Decision 12.00noon Drop Zone Action thriller. (S) (1994, 15, 102min) ★★ **1.45pm The Equalizer** As 9.00pm.
4.00 The Forger Crime thriller. (S) (2014, 15, 92min) ★★ **5.40 Four Brothers** Revenge thriller. (S) (2005, 15, 109min) ★★★ **7.30 Cop Car** Crime thriller starring Kevin Bacon and Camryn Manheim. (S) (2015, 15, 84min) ★★★

5.40 Four Brothers

Cop Car
(film started at 7.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

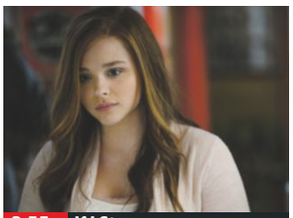
9.00 The Equalizer Action thriller starring Denzel Washington. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (S) (2014, 15, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Goodfellas Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta, Joe Pesci and Paul Sorvino. (S) (1990, 18, 143min) ★★★★★
1.40am The Forger As 4.00pm.
3.20 Four Brothers As 5.40pm.
5.20-7.05am Loss of Faith Drama. (S) (1997, PG, 89min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

6.00am Ghostbusters: Special 6.30 Anna and the King of Siam 8.45 Scent of a Woman 11.25 Mamma Mia! 1.25pm The Top Ten Show 2016 1.40 Love & Mercy As 8.00pm. **3.55 If I Stay** Drama starring Chloë Grace Moretz. (S) (2014, 12, 107min) ★★★
5.50 The Second Best Exotic Marigold Hotel Comedy drama sequel with Dev Patel and Judi Dench. (S) (2015, PG, 122min) ★★★


3.55 If I Stay

8.00 Love & Mercy Biopic of the Beach Boys' singer-songwriter Brian Wilson, following his creative peak and declining mental health in later years. Starring John Cusack. (S) (2014, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 St Elmo's Fire Brat Pack drama starring Emilio Estevez, Demi Moore, Rob Lowe, Andrew McCarthy, Ally Sheedy, Judd Nelson and Mare Winningham as recent college graduates confronting the realities of the adult world. (S) (1985, 15, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10am The Judge Drama. (S) (2014, 15, 141min) ★★★
2.35 Beyond the Sea Musical biopic. (2004, 12, 118min) ★★★
4.40-7.00am The King and I Oscar-winning musical. (S) (1956, U, 134min) ★★★★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am Armageddon 8.30 Monster Hunter 10.10 Self/less 12.15pm Army of Darkness: Evil Dead 3 As 11.55pm. **2.00 Suicide Squad Special 2.30 Jaws 2** Adventure thriller. (S) (1978, PG, 115min) ★★★
4.30 Jaws 3 Shark attack adventure starring Dennis Quaid and Bess Armstrong. (S) (1983, 12, 99min) ★★ **6.20 Self/less** Sci-fi thriller starring Ryan Reynolds and Ben Kingsley. (S) (2015, 12, 117min) ★★★

9.00 Watchmen

8.30 Suicide Squad Special The making of the DC movie about a group of super-villains.

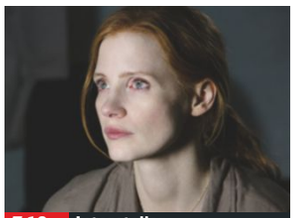
9.00 Watchmen Sci-fi action thriller based on the acclaimed graphic novel, starring Malin Akerman, Billy Crudup, Matthew Goode and Jackie Earle Haley. In an alternative 1985 America, a group of retired superheroes uncover a plot to kill them. Meanwhile, the world teeters on the brink of nuclear Armageddon. (S) (2009, 18, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 Army of Darkness: Evil Dead 3 Comic horror fantasy sequel. (S) (1992, 15, 86min) ★★★
1.40am Monster Hunter Horror. (S) (2014, 15, 90min) ★★
3.25 Suicide Squad Special
3.55-6.00am Jaws 2 As 2.30pm.

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.25am Fur: An Imaginary Portrait of Diane Arbus 8.30 Partisan 10.10 The Machinist 12.00noon Theeb War drama. (S) (2013, 15) ★★★★ **1.45pm Hell Is for Heroes!** Drama. (1962, b/w, 12, 90min) ★★★ **3.20 Sideways** Comedy drama. (S) (2004, 15, 127min) ★★★★★
5.30 Irrational Man Drama. (S) (2015, 12, 93min) ★★★ **7.10 Interstellar** Sci-fi drama. (S) (2014, 12, 166min) ★★★★


7.10 Interstellar

Interstellar
(film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Vanilla Sky Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

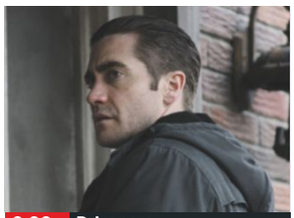
12.20am One Flew Over the Cuckoo's Nest Oscar-winning drama. (1975, 18, 134min) ★★★★★
2.40 The Machinist Psychological thriller. (S) (2004, 15, 102min) ★★★
4.25-6.00am Hondo Western. (S) (1953, PG, 84min) ★★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am The Love Bug 1.15pm The Tale of the Princess Kaguya Animated fantasy. (S) (2013, U, 137min) ★★★★ **3.55 Hairspray** Period musical comedy. (S) (2007, PG, 116min) ★★★★
6.10 Transformers: Revenge of the Fallen Blockbuster sci-fi adventure. (S) (2009, 12, 149min) ★★★


9.00 Prisoners

Transformers: Revenge of the Fallen
(film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Prisoners Gripping thriller starring Hugh Jackman and Jake Gyllenhaal. A desperate father decides to take the law into his own hands after two six-year-old girls go missing. (S) (2013, 15, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00m't Whiteout Mystery thriller. (S) (2009, 15, 96min) ★★
2.05-4.00am Vicky Cristina Barcelona Woody Allen's comedy. (S) (2008, 12, 96min) ★★★★
+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Thursday

8 PM
9 PM
10 PM
11 PM

Sony Movies

SKY 323

9.00am Stepmom 11.35 Sony Movie News Extra 11.45 Mona Lisa Smile 2.10pm Force 10 from Navarone Action adventure sequel to *The Guns of Navarone*. (1978, 12, 118min) ★★
4.35 The Wind and the Lion Adventure. (1975, PG, 119min) ★★★★ **6.55 Man of the House** Action comedy. (2005, 12, 100min) ★★★

9.00 Bunraku Action fantasy starring Josh Hartnett and Demi Moore. In a nightmarish future world, a cowboy and a samurai join forces against a ruthless gang leader. With Woody Harrelson, Ron Perlman and Kevin McKidd. (2010, 15, 119min) ★★★
11.25 The Juror Legal thriller starring Demi Moore and Alec Baldwin. (1996, 18, 118min) ★
1.50am Rules of Engagement Military courtroom thriller. (2000, 15, 128min) ★★
4.15-6.00am The Race Irish family drama. (2009, PG, 84min) ★★★
+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am Storm Rider 9.00 The Reluctant Nanny 11.00 Having You 1.00pm Reel Love Romantic comedy. (2011, PG, 90min) ★★
3.00 Hello, It's Me Romantic drama starring Rebecca Ablack. (2015, PG, 120min) ★★ **5.00 All Yours** Romantic comedy starring Nicollette Sheridan and Dan Payne. (2016, PG, 84min) ★★

7.00 Sweet Surrender Romantic drama with Adam Mayfield and Arielle Kebbel. (2014, PG, 121min) ★★
9.00 Twist of Fate Drama starring Cassie Steele. (2016, PG, 120min) ★★
11.00 Love's Kitchen British romantic comedy starring Dougray Scott and Claire Forlani. With Michelle Ryan, Peter Bowles and Simon Callow. (2011, 15, 93min) ★
1.00am Mom and Dad Undergrads Drama. (2014, PG, 120min) ★★
3.00-5.00am Perfect on Paper Romantic comedy. (2014, PG, 82min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am Farewell, My Lovely 7.50 The Las Vegas Story 9.35 Jetstream 11.15 Scorpio One 1.05pm Mach 2 Action thriller. (2001, 18, 94min) ★★ **2.55 The Luftwaffe** Documentary.
4.10 Human Torpedoes of WW2 5.15 Commandos Strike at Dawn Wartime drama with Paul Muni. (1943, b/w, PG, 100min) ★★

7.20 The Battle of the Damned World War Two drama starring Dale Cummings. Subtitled. (1969, PG, 83min) ★★
9.00 The Commander Action adventure starring Lewis Collins. A squad of mercenaries is sent to attack a drug lord's stronghold. (1988, 15, 84min) ★★
11.10 The Bunker World War Two drama starring Anthony Hopkins and Richard Jordan. (1981, PG, 150min) ★★
2.10-4.00am Shadow of the Hawk Horror with Jan-Michael Vincent and Marilyn Hassett. (1976, PG, 92min) ★★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

9.00pm Hot Fuzz *ITV2* Cop thriller spoof starring Simon Pegg. (HD) ★★★★★
9.00pm We Were Soldiers *AMC* War drama based on real events, with Mel Gibson. ★★★
9.00pm Grown Ups 2 *5STAR* Comedy sequel starring Adam Sandler. ★
9.00pm Fun with Dick and Jane *Comedy Central* Satirical comedy. (HD) ★★
9.00pm Super 8 *4Seven* Sci-fi mystery directed by JJ Abrams. (HD) ★★★★

10pm TILL LATE

10.00pm Death Wish V: The Face of Death *ITV4* Thriller with Charles Bronson. (HD) ★
10.00pm Diamond Dogs *Syfy* Adventure starring Dolph Lundgren. (HD) ★★
11.00pm A Haunted House *Comedy Central* Found-footage horror movie spoof. (HD) ★
11.55pm Unleashed *ITV4* Action drama starring Jet Li, Morgan Freeman, Bob Hoskins and Kerry Condon. (HD) ★★★

(S) Subtitles (SL) Signing

Thursday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** WWE – Smackdown (HD) **8.00** Premier League Legends (HD) **8.30** Premier League Years **10.30** Great Sporting Moments (HD) **11.00** Premier League World (HD) **11.30** Premier League Legends (HD) **12.00noon** EFL Cup Highlights (HD) **1.00pm** Football Gold **1.15** Sky Sports Classics **1.30** Football Gold (HD)
2.00 Premier League Years **4.00** Sporting Triumphs (HD) **5.00** Preview to the Premier League (HD) **6.00** EFL Cup Highlights (HD) **6.30** Premier League World (HD) **7.00** Premier League Match Pack **7.30 LIVE** EFL Cup: Bristol Rovers v Cardiff City: Kick-off is at 7.45. (HD) **10.00** More Than a Game (HD) **10.30** Great Sporting Moments (HD) **11.00** Premier League Match Pack
11.30 Super League Gold (HD) **11.45** Super League Super 8s (HD) **12.00m't** EFL Cup Highlights (HD) **12.30am** Premier League World (HD) **1.00** Premier League Match Pack **1.30** Premier League 100 Club (HD) **2.00** Super League Super 8s (HD) **2.15** Football Gold **2.45** Super League Super 8s (HD) **3.00** EFL Cup Highlights (HD) **4.00-6.00am** Premier League Years (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Cricket's Greatest (HD) **8.00** Cricket Classics: England v Australia from match three of the 2005 Natwest Series. **9.00** Cricket's Greatest: A profile of Glenn McGrath. (HD) **9.30** Cricket's Greatest: A profile of Jacques Kallis. (HD)
10.00 LIVE Test Cricket England v Pakistan: All the action from day one of the series–concluding fourth Test, from the Oval. (HD)
7.00pm LIVE NatWest T20 Blast Cricket Coverage of the fourth quarter-final of the competition. (HD)
10.45 Sporting Triumphs Nasser Hussain recalls his double-century against Australia. (HD)
11.00 Test Cricket England v Pakistan: Action from day one of the series–concluding fourth Test, from the Oval. (HD)
12.00m't Test Cricket: The Verdict: England v Pakistan: Experts review day one of the fourth Test. (HD) **1.00am** Cricket's Greatest (HD) **2.00** Test Cricket (HD) **3.00** Test Cricket: The Verdict (HD) **4.00-6.00am** The Ashes: England's Best Days (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Darts Gold (HD) **7.00** Boxing Gold (HD) **8.00** Sporting Greats **9.00** Darts Gold (HD) **10.00** Sporting Heroes: Alec Stewart Interviews John Hollins (HD) **11.00** Racing News (HD) **11.30** Sporting Greats
12.00noon Time of Our Lives (HD)
1.00pm Sporting Heroes: Gary Newbon Interviews Naseem Hamed (HD)
2.00 Sporting Greats
3.00 Darts Gold (HD)
3.30 Sporting Heroes With Martin Pipe. (HD)
4.30 Motorsport Mundial A round-up of the latest motor sport news. (HD)
5.00 WWE – Raw (HD)
7.00 ATP Tour Uncovered Tennis news. (HD)
7.30 LIVE Super League Super 8s Widnes Vikings v Hull FC: From Select Security Stadium. Kick-off is at 8.00. (HD)
10.30 The World Rugby Show Magazine. (HD)
11.00 WWE Main Event Wrestling action. (HD)
12.00m't WWE – Late Night – Smackdown (HD) **2.00am** WWE – Late Night – Raw (HD) **4.00** Sports Unlimited (HD) **5.00-6.00am** Watersports World (HD)

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am PGA Tour Classic (HD) **7.00** Shell's Wonderful World of Golf **8.30** Inside the PGA Tour (HD) **9.00** European Tour Weekly (HD) **9.30** Golfing World (HD) **10.00** Champions Tour Golf (HD) **11.00** PGA EuroPro Tour Golf (HD)
1.00pm PGA Tour Classic
2.00 Shell's Wonderful World of Golf Nick Price v Payne Stewart from 1998.
3.30 Inside the PGA Tour Golf update. (HD)
4.00 European Tour Weekly (HD)
4.30 Golfing World (HD)
5.00 Champions Tour Golf The 3M Championship. (HD)
6.00 LIVE US Senior Open Golf Coverage of the opening round of the Major from Scioto Country Club in Ohio. (HD)
10.00 LIVE PGA Tour Golf The John Deere Classic: Action from the opening day's play at TPC Deere Run in Silvis, Illinois. (HD)
1.00am The World Rugby Show (HD) **1.30** Fishing: Hooked on Africa (HD) **2.00** ATP Tour Uncovered (HD) **2.30** Racemax (HD) **3.00-6.00am** PGA Tour Golf (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest International Teams (HD) **8.00** Football's Greatest Players **8.30** Powerboating (HD) **9.00** Racemax (HD) **9.30** Sports Unlimited (HD) **10.30** Watersports World (HD) **11.30am-1.00pm** Football's Greatest International Teams: Triple bill. (HD)
1.00pm Football's Greatest Players Lionel Messi. (HD)
1.30 Football's Greatest Players The career of Andres Iniesta. (HD)
2.00 Football's Greatest Players A look at the career of Pele. (HD)
2.30 Powerboating (HD)
2.55 LIVE Test Cricket West Indies v India: Day three of the third Test between the sides at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia. (HD)
10.30 Motorsport Mundial (HD)
11.00 Football's Greatest Players Ryan Giggs. (HD)
11.00 Football's Greatest Players The career of Cristiano Ronaldo. (HD)
12.00m't Football's Greatest Players (HD) **1.00am** NatWest T20 Blast Cricket (HD) **5.00-6.00am** Spanish Football Gold (HD)

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.30am Going for Gold (HD) **7.45** WATTS (HD) **7.55** Going for Gold (HD) **8.00** FIA WTCC Magazine Show (HD) **8.30** ATP Tennis (HD) **10.00** Cycling: National Road Championships (HD) **11.00** Cycling (HD)
12.00noon RideLondon The RideLondon-Surrey Classic. (HD)
1.00pm RideLondon (HD)
2.00 LIVE Arctic Race of Norway Stage one. (HD)
4.00 FIA World Rallycross Championship (HD)
5.00 FIA World Touring Cars Round eight. (HD)
6.00 Cycling: Arctic Race of Norway (HD)
7.00 Going for Gold (HD)
7.15 Eurosport News
7.20 Cycling (HD)
8.20 Eurosport News
8.25 Going for Gold (HD)
8.30 Cycling: Elite Road Series (HD)
9.00 Cycling: Arctic Race of Norway (HD)
10.30 Eurosport News
10.35 Going for Gold (HD)
10.40 Cycling: Follow Fabian (HD)
10.55 Going for Gold (HD)
11.00 Triathlon (HD)
12.00m't-1.00am Cycling: Arctic Race of Norway. (HD)

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

6.00am Australian Open Tennis (HD) **7.30** FIA WTCC Magazine Show (HD) **8.00** Cycling: Giro d'Italia (HD) **9.00** Cycling: Tour de France (HD) **10.00** Sports Insiders (HD) **10.30** Snooker: UK Championship (HD)
12.30pm Cycling (HD)
1.55 Eurosport News
2.00 Australian Open 2016 Review (HD)
3.00 French Open Tennis Highlights. (HD)
4.00 Davis Cup Tennis Action from Serbia v Great Britain. (HD)
5.00 ATP Tennis (HD)
6.30 Eurosport News
6.35 WATTS (HD)
6.45 MCE British Superbikes (HD)
8.15 British Superbikes Extra The support races from Brands Hatch. (HD)
9.15 World Superbikes From Mazda Raceway Laguna Seca. (HD)
10.45 Eurosport News
10.50 FIA World Touring Cars Round eight from Argentina. (HD)
11.50 Going for Gold A look ahead to the 2016 Olympic Games. (HD)
12.00m't Best of Bikes (HD) **12.25am** Going for Gold (HD) **12.30-7.30am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

6.00am-12.30pm Classic Premier League: Back-to-back highlights from memorable Premier League matches. (HD)
12.30pm Premier League World (HD)
1.00 European Football Show Highlights (HD)
2.00 Little Big Men (HD)
3.00 Toyota AFL Highlights Show (HD)
4.00 Betfred Cup (HD)
5.30 GC32 Racing Tour Sailing – Highlights (HD)
6.00 UK Angling Championship (HD)
7.00 ADAC GT Masters Highlights (HD)
8.00 Bundesliga Clubs: Season Preview (HD)
9.30 Of Miracles & Men Documentary. (HD)
11.00 ADAC GT Masters Highlights (HD)
12.00m't LIVE MLB: Boston Red Sox v New York Yankees: From Fenway Park. Start-time is at 12.10. (HD) **3.00am** MLB's Best (HD) **3.30** UFC – Ultimate Insider (HD) **4.00** UFC: Beyond the Octagon (HD) **4.30** Toyota AFL Highlights Show (HD) **5.30-6.00am** GC32 Racing Tour Sailing – Highlights (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am Highlights **8.30** Indoor Bowls: Premier 3s Finals (HD) **9.30** Last Week, This Week (HD) **10.00** GC32 Racing Tour Sailing – Highlights (HD) **10.30** Aviva Premiership Rugby (HD) **11.00** European Rugby Champions Cup (HD) **11.30** Toyota AFL Highlights Show (HD)
12.30pm UEFA Champions League – Classics (HD) **1.30** Real Madrid v Atletico Madrid (HD) **2.00** Last Week, This Week (HD) **2.30** UK Angling Championship (HD) **3.30** GC32 Racing Tour Sailing – Highlights (HD) **4.00** Gillette World Sport (HD) **4.30** Aviva Premiership Rugby (HD) **5.00** UEFA Champions League – Classics (HD)
6.00 Real Madrid v Atletico Madrid (HD) **6.30** Last Week, This Week (HD) **7.00** Ligue 1 – Games of the Season (HD) **11.00** French Ligue 1 Preview (HD) **11.30** Gillette World Sport (HD) **12.00m't** UFC – Ultimate Insider (HD) **12.30am** UFC: Beyond the Octagon (HD) **1.00** French Ligue 1 Preview (HD) **1.30** Ligue 1 – Games of the Season (HD) **5.30-6.00am** French Ligue 1 Preview (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am Pardon the Interruption (HD) **6.30** Around the Horn (HD) **7.00** Pardon the Interruption (HD) **7.30** Around the Horn (HD) **8.00** College Football Live (HD) **8.30** MLB (HD) **11.30** Around the Horn (HD)
12.00noon ESPN FC (HD)
12.30pm MLB Action from Boston Red Sox v New York Yankees. (HD)
3.30 Baseball Tonight MLB news and highlights. (HD)
4.30 ESPN FC (HD)
5.00 LIVE MLB New York Mets v Arizona Diamondbacks: Start-time is at 5.10. (HD)
8.00 Pardon the Interruption (HD)
8.30 LIVE MLB Oakland Athletics v Baltimore Orioles: Start-time is at 8.35. (HD)
11.30 Last Week, This Week Recent action. (HD)
12.00m't College Football Live (HD) **12.30am** Gillette World Sport (HD) **1.00** Toyota AFL Highlights Show (HD) **2.00 LIVE** CFL: Edmonton Eskimos v Montreal Alouettes: Kick-off is at 2.00. (HD) **5.00-6.00am** WRC Review (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Ligue 1 – Games of the Season (HD) **10.00** Betfred Cup (HD) **11.30** Singha Premiership Rugby 7s Series (HD)
2.30pm Global Goals (HD)
5.30 French Ligue 1 Preview (HD)
6.00 Swansea City v Liverpool 2015/2016 Action from the top-flight fixture, which took place at the Liberty Stadium. (HD)
7.30 Premier League World News. (HD)
8.00-10.00 Classic Premier League Back-to-back highlights from memorable Premier League matches in seasons gone by. (HD)
10.00pm-12.00m't Classic Premier League Back-to-back highlights from memorable Premier League matches in seasons gone by. (HD)
12.00m't-2.30am Classic Premier League: Back-to-back highlights from memorable Premier League matches in seasons gone by. (HD) **2.30am** Global Goals (HD) **3.30** ADAC GT Masters Highlights (HD) **4.30** Indoor Bowls: Premier 3s Finals (HD) **5.30-6.00am** Last Week, This Week (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am-12.00noon The Home of Formula One
12.00noon Architects of F1 Max Mosley. (HD)
1.00pm Architects of F1 A profile of Jo Ramirez. (HD)
2.00 Legends of F1 Double bill of the series. (HD)
4.00 Architects of F1 Flavio Briatore. (HD)
5.00 Tales from the Vault A look at underdogs who have succeeded in Formula One. (HD)
6.00 Tales from the Vault A look back at the 1984 season. (HD)
7.00 Tales from the Vault The British drivers who have won the F1 world championship. (HD)
8.00 Architects of F1 A profile of Jo Ramirez. (HD)
9.00 F1 Classic Races A look back at the 1989 Italian Grand Prix. (HD)
9.30 Architects of F1 Max Mosley. (HD)
10.30 Porsche Super Cup Action from the Spanish Grand Prix at the Circuit de Catalunya. (HD)
10.45 GP2 Racing Action from the feature race at the Red Bull Ring in Spielberg, Austria. (HD)
12.15am GP2 Racing (HD) **1.30-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.25pm Rowing Coverage of semi-finals and finals from Lagoa Stadium. **2.50 Hockey** Ireland v Canada: Coverage of the men's Group B match. **4.45 Rugby Sevens** Coverage of men's semi-finals and classification matches. **7.30 Judo** The women's -78kg & men's -100kg semi-finals and finals. **11.20 Hockey** USA v India: The women's match. **2.35-4.20am Volleyball** Brazil v USA: Coverage of the men's game.
RED BUTTON 2 11.55am Badminton Singles and doubles coverage from Riocentro. **2.55pm Boxing** The latest preliminary bouts from Riocentro. **6.00 Basketball** Brazil v Croatia: Coverage of the men's Group B match. **8.50 Boxing** The latest preliminary bouts. **12.25-2.35am Table Tennis** The men's singles bronze-medal match and final from Riocentro.
RED BUTTON 3 1.55pm Table Tennis The men's singles semi-finals. **4.25 Canoe Slalom** The men's C2 and women's K1 semi-finals and final. **9.50 Hockey** Australia v Argentina: The women's match. **11.50 Handball** Slovenia v Sweden: The men's group match. **1.40-3.25am Handball** France v Argentina: The men's group match.
RED BUTTON 4 1.50pm Hockey The Netherlands v India: Men's Group B match. **3.55 Tennis** The quarter-finals and semi-finals from Olympic Tennis Centre. **12.20am Volleyball** Italy v Mexico: Coverage of the men's game. **2.20-4.20 Basketball** Lithuania v Argentina: Coverage of the men's Group B match.
RED BUTTON 5 1.55pm Equestrian The men's and women's team dressage. **8.55 Fencing** The women's team epee semi-finals and final from Carioca Arena 3. **2.00-2.45am Sailing** From Marina da Gloria.
RED BUTTON 6 1.55pm Judo Coverage from Carioca Arena 2. **5.00 Sailing** Coverage from Marina da Gloria. **7.45 Beach Volleyball** Coverage of the latest preliminary matches. **11.35pm-3.05am Badminton** Singles and doubles coverage.
RED BUTTON 7 11.25am Golf The opening round of the men's event from Olympic Golf Course. **8.50pm Hockey** Germany v Spain: Coverage of the women's match. **10.50 Basketball** Nigeria v Spain: Coverage of the men's Group B match. **1.55-4.00am Swimming** Coverage of the latest semi-finals and finals from Olympic Aquatics Stadium.
RED BUTTON 8 7.00pm Archery The women's individual semi-finals and final. **9.25 Rugby Sevens** Coverage of men's bronze-medal match and final. **12.50-4.55am Beach Volleyball** The latest preliminary matches.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* From Worcester, Stratford, Yarmouth, Leopardstown and Tramore.
1.30pm LIVE Racing *Racing UK* Coverage of today's meetings at Salisbury and Beverley.
9.00pm LIVE Stateside *At The Races* Coverage from the United States.
2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

(HD) High Definition

Friday

12 August

Evening Planner

TODAY AT THE OLYMPICS

In today's rowing finals, Team GB looks a virtual certainty for gold in the women's pair, where Helen Glover and Heather Stanning have proved unbeatable since netting the Olympic title four years ago. There is also the chance of medals in the women's lightweight double sculls and the men's fours, featuring a Great Britain quartet who were third in the World championships. There'll be huge excitement for the first day of track and field, with 42-year-old **Jo Pavey** aiming for the women's 10,000m final. There's also the women's shot put final and the first day of heptathlon featuring Jessica Ennis-Hill and Katarina Johnson-Thompson. Golds will also be awarded in the men's 20km walk, the tennis men's doubles final and the team dressage final; while shooter Amber Hill goes in the women's skeet final. At the velodrome, the first week could end in fine style with the men's team pursuit final, where **Bradley Wiggins** goes for a record-breaking eighth Olympic medal.

Jo Pavey

Bradley Wiggins

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
Favourites	101 BBC1	7.00 Olympics 2016 – Live		8.00 EastEnders	8.30 Olympics 2016 – Live: Track cycling quarter-finals			10.00 News	10.35 Olympics...
	102 BBC2	7.00 Eggheads	7.30 Mastermind	8.00 Olympics 2016...	8.30 Gardeners'...	9.00 Highlands: Scotland's Wild Heart		10.00 Olympics 2016...	10.35 Newsnight
	103 ITV	7.00 Emmerdale	7.30 Coronation Street	8.00 Gino's Italian... †	8.30 Coronation Street	9.00 Doc Martin		10.00 News	
	104 CHANNEL 4	7.00 News		8.00 Amazing Spaces Shed of the Year		9.00 8 Out of 10 Cats Does Countdown		10.00 Friday Night Dinner	10.35 First Dates
	105 CHANNEL 5	7.00 Cricket on 5		8.00 The Lost City of the Pharaohs		9.00 Celebrity Big Brother: Live Eviction		10.00 It's Not Me...	10.30 Celebrity Big...
	106 SKY1	7.00 The Simpsons		8.00 Modern Family		9.00 A League of Their Own: Unseen		10.00 Premier League Years	
Entertainment	116 BBC4	7.00 Olympics 2016 – Live: Featuring archery, hockey and judo							
	118 ITV2	7.00 Funniest Ever You've Been Framed! Gold		8.00 Two and a Half Men		9.00 Film: The Matrix Reloaded			
	138 MORE4	‹ 6.55 Four in a Bed		7.55 Grand Designs		9.00 The Out-Laws		10.10 It Was Alright in the 1970s	
	136 E4	7.00 Hollyoaks	7.30 Coach Trip	8.00 The Big Bang Theory		9.00 Film: The Five-Year Engagement			
	107 SKY LIVING	‹ 6.45 My Kitchen Rules: Australia		8.00 Criminal Minds		9.00 Unforgettable		10.00 Stalker	
	108 SKY ATLANTIC	7.00 Without a Trace		8.00 Blue Bloods		9.00 Homegrown: The Counter-Terror Dilemma			10.45 Oz
	110 GOLD	7.00 Only Fools and Horses			8.50 Fawlty Towers		9.35 Come Fly with Me	10.20 Bottom	
	111 DAVE	7.00 American Pickers		8.00 QI XL		9.00 Would I Lie to You?	9.40 Mock the Week	10.20 QI	
	119 ITV3	7.00 Murder, She Wrote		8.00 Birds of a Feather		9.00 Paul O'Grady: For the Love of Dogs		10.00 A Touch of Frost	
	120 ITV4	7.00 Pawn Stars		8.00 TT Blues		9.00 Film: Another 48 Hrs			
	112 COMEDY CENTRAL	7.00 Friends		8.00 Impractical Jokers		9.00 Bob's Burgers		10.00 South Park	
	114 SYFY	7.00 Star Trek: The Next Generation		8.00 Film: X-Men				10.10 Mr Robot	
	109 W	‹ 6.40 Extreme Makeover...	7.40 Celebrity MasterChef			9.00 Dynamo: Magician Impossible		10.00 EastEnders	
	113 UNIVERSAL	7.00 NCIS		8.00 Major Crimes		9.00 NCIS			
	124 FOX	7.00 NCIS						10.00 Tyrant	
	121 SKY ARTS	7.00 Discovering: Joan Crawford		8.00 Classic Albums Special		9.00 Trailblazers: New Romantics		10.00 Soundbreaking	
Documentary	520 DISCOVERY	7.00 Fast N' Loud		8.00 Mythbusters		9.00 Baggage Battles		10.00 Auction Hunters: Pawn Shop Edition	
	523 ANIMAL PLANET	7.00 Tanked		8.00 Lone Star Law		9.00 Pit Bulls & Parolees		10.00 Alaska: Surviving the Last Frontier	
	526 NAT GEO	7.00 Air Crash Investigation		8.00 The 2000's Biggest Tragedies		9.00 X: The Generation that Changed the...		10.00 Banged Up Abroad	
	529 HISTORY	7.00 Storage Wars		8.00 Fifth Gear		9.00 Counting Cars		10.00 Car Hunters	
	537 YESTERDAY	7.00 Monarchy by David Starkey		8.00 'Allo 'Allo!	8.35 Keeping Up Appearances			9.55 Jeeves and Wooster	
	532 EDEN	7.00 Biggest & Baddest		8.00 Ganges		9.00 Life in the Undergrowth		10.00 Metamorphosis	
Films	301 SKY PREMIERE	‹ 6.15 The Good Dinosaur		8.00 Pan				10.00 The Perfect Guy	
	303 SKY HITS	‹ 6.00 Harry Potter and the Deathly Hallows: Part II		8.15 Jurassic World					10.25 Fury
	304 SKY SPIES		7.10 American Ultra			9.00 The Man from U.N.C.L.E			
	305 SKY DISNEY	‹ 6.30 The Little Mermaid		8.00 McFarland, USA				10.15 Oliver & Company	
	306 SKY FAMILY	‹ 6.10 Strange Magic		8.00 The Nut Job			9.30 Garfield: A Tail of Two Kitties		
	307 SKY ACTION	‹ 4.50 The Lord of the Rings: The...		8.00 Mad Max: Fury Road				10.00 Superman Returns	
	308 SKY COMEDY	‹ 6.15 Dodgeball: A True Underdog Story		8.00 Walk Hard: The Dewey Cox Story			9.45 The Bad Education Movie		
	309 SKY CRIME	7.00 Collateral				9.00 Valkyrie			
	310 SKY DRAMA	‹ 6.10 Forces of Nature		8.00 Notting Hill				10.10 Fifty Shades of Grey	
	311 SKY SCI-FI	7.00 Ex Machina				9.00 Crimson Peak			
	312 SKY SELECT	‹ 6.10 Dope		8.00 Wall Street				10.10 Blackhat	
	315 FILM4	‹ 6.55 The Adjustment Bureau				9.00 Paul			
	317 TCM	‹ 6.55 The Private Lives of Elizabeth and Essex				9.00 Mad Max			
Sport	401 SKY SPORTS 1	7.00 EFL – Live: Brighton & Hove Albion v Nottingham Forest: From the Amex Stadium (Kick-off 7.45)							10.15 More Than a Game
	402 SKY SPORTS 2	7.00 Super League...	7.30 Super League Super 8s – Live: St Helens v Catalan Dragons: From Langtree Park (Kick-off 8.00)						10.30 Test Cricket
	403 SKY SPORTS 3	‹ 2.55 Test Cricket – Live: West Indies v India: The fourth day of the third Test at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia							10.30 Watersports...
	404 SKY SPORTS 4	‹ 6.00 US Senior Open Golf – Live: The second day of the Major from Scioto Country Club in Ohio						10.00 PGA Tour Golf – Live	
	410 EUROSPORT 1	7.00 Going...	7.20 MCE British Superbikes		8.30 Triathlon	9.00 Cycling: Arctic Race of Norway			10.30 Cycling: Track...
	411 EUROSPORT 2	7.00 US Open Tennis		8.00 Cycling: Arctic Race of Norway		9.00 ATP Tennis			

‹ Denotes programmes starting before 7.00pm † Regions vary

OLYMPICS 2016
Today at the Games

BBC1

SKY 101 HD 141/115 | VIR 101 HD 108 | F'VIEW 1 HD 101 | F'SAT 101 HD 106/108

6.00am Olympic Breakfast (S)(HD)

9.15 Countryside 999 Documentary. (S)(R)(HD)(AD)

10.00 Homes Under the Hammer Property auctions. (S)(R)(HD)(AD)

11.00 Wanted Down Under A mother with ME trials living in Adelaide for a week. (S)(R)(HD)(AD)

11.45 The Housing Enforcers From the West Midlands. (S)(HD)

12.15pm Bargain Hunt (S)(HD)(AD)

1.00 BBC News (S)(HD)

1.30 Local News (S)

1.45 Olympics 2016
Athletics The women's shot put and men's 800m qualifying events kick off proceedings at **2.05** and **2.10** respectively, before the heptathlon continues with the high jump at **2.50**. Plus, there's coverage of the women's 10,000m at **3.10**.
Rowing Coverage of the finals at the Lagoa Stadium, with the women's lightweight double sculls at **1.52**, the men's lightweight double sculls at **2.04**, the women's pairs at **2.24** and the men's fours at **2.44**.
Swimming The women's 50m freestyle swimming heats at **5.00**. (S)(HD)

6.00 BBC News (S)(HD)

6.30 Local News (S)

7.00 Olympics 2016
Equestrianism The team dressage grand prix reaches its conclusion.
Shooting The women's skeet final gets under way at **7.00**.
Swimming Including the men's 4x100m medley at **7.10** at the Olympic Aquatics Stadium. (S)(HD)

8.00 EastEnders Kush is persuaded to attend the Albert's dating night. (S)(HD)(AD)
■ Repeated later on W

8.30 Olympics 2016
Cycling The men's team pursuit track cycling semi-finals are at **8.52**, the women's team sprint semi-finals follow at **9.17**, and the men's sprint quarter-finals are at **9.30**. (S)(HD)

10.00 BBC News (S)(HD)

10.25 Local News (S) Followed by **Lottery Update** (S)

10.35 Olympics 2016 (S)(HD)

12.00m't Olympics 2016 Featuring athletics and swimming coverage. (S)(HD)

4.00am Weather for the Week Ahead (S)(HD) **4.05-6.00am** BBC News (S)(HD)

BBC4

SKY 116 HD 116/143 | VIR 107 HD 163 | F'VIEW 9 HD 106 | F'SAT 110 HD 107

1.00pm Olympics 2016
Athletics The women's 10,000m at **3.10**, where Team GB's Jo Pavey will be hoping to pull off a shock win.
Golf Action from the second round of the men's golf at the Olympic Golf Course. (S)(HD)

4.00 Olympics 2016
Tennis The men's singles semi-finals and men's doubles final at **4.00** from the Olympic Tennis Centre.
Football A women's quarter-final match at **5.00** at the Mané Garrincha Stadium in Brasilia.
Hockey Coverage of the men's match between Germany and the Netherlands at the Olympic Hockey Centre from **5.30**. (S)(HD)

7.00 Olympics 2016
Archery The men's semi-finals at **7.55** at the Sambodromo, followed by the final at **8.43**.
Hockey Great Britain face Spain in men's hockey at **9.00** at the Olympic Hockey Centre.
Judo The women's +78kg and men's +100kg finals at Carioca Arena 2 from **9.20**. (S)(HD)

10.00 Olympics 2016
Fencing Action from the men's foil final – won by the British team at last year's European Games in Azerbaijan – takes place at Carioca Arena 3 from **10.30**.
Volleyball The last-16 matches at the Beach Volleyball Arena.
Hockey The evening's action is completed by Ireland v Argentina in the men's hockey from **12.00** at the Olympic Hockey Centre. (S)(HD)

2.00am Britain on Film: This Sceptred Isle: Documenting eccentric British traditions. (S)(R) **2.30** Sounds of the Sixties (S)(R) **3.00-4.00am** California Comes to the Whistle Test (S)(R)

DID YOU KNOW?

Heptathlon

Jessica Ennis-Hill begins the defence of her Olympic heptathlon title in the 100m hurdles. At London 2012, she set a new world record of 12.54secs.

FURTHER COVERAGE AIRS ON BBC2 AND THE BBC'S RED BUTTON OLYMPICS CHANNELS (SEE PAGE 102)

BBC2

SKY 102 HD 115/141 | VIR 102 HD 162 | F'VIEW 2 HD 102 | F'SAT 102 HD 108/106

6.00am Paul Martin's Handmade Revolution (S)(R)(HD) **6.45 Homes Under the Hammer** (S)(R)(HD) **7.45 The Housing Enforcers** (S)(R)(HD) **8.15 Sign Zone: Eat Well for Less?** (S)(R)(AD) **9.15 Olympics: Rio Highlights 2016** Highlights of day six. (S)(HD)
1.00pm LIVE Olympics 2016 The men's discus qualifying and heptathlon 100m hurdles at the Olympic Stadium. (S)(HD)
1.45 Red Rock (S)(HD)(AD) **2.30 The Edge** (S)(R)(HD) **3.15 Escape to the Country** (S)(R)(HD)(AD) **4.00 The Great Antiques Map of Britain** (S)(R)(HD) **4.30 Flog It!** From Manchester. (S)(R)(HD) **5.15 Pointless** (S)(R)(HD)
6.00 LIVE Olympics 2016 Hazel Irvine presents further coverage from Rio on day seven, featuring live equestrianism and swimming action, along with highlights of the men's 20km walk. (S)(HD)

9.00 Highlands: Scotland's Wild...

7.00 Eggheads General knowledge quiz show hosted by Jeremy Vine. (S)(HD)

7.30 Mastermind Specialist subjects include Wilfred Owen, the actor Michael Caine and the US TV series *Mad Men*. (S)(HD)

8.00 LIVE Olympics 2016 With track cycling coverage of the women's team sprint and men's sprint time-trial qualifiers. (S)(HD)

8.30 Gardeners' World An MP keen on renovating his walled garden. (S)(HD)

9.00 Highlands: Scotland's Wild Heart 2/4. The summer season in the Highlands, when birds and animals have a chance to raise offspring before the days shorten and the storms of autumn arrive. (S)(HD)

10.00 LIVE Olympics 2016 Coverage of the women's team sprint and men's team pursuit finals in track cycling. (S)(HD)

10.35 Newsnight (S)(HD)

11.05 Weather (S)(HD)
11.10 FILM PREMIERE Flying Blind Romantic drama starring Helen McCrory. (S)(HD) (2012, 15, 90min) ★★
12.40am The Mystery of Van Gogh's Ear Jeremy Paxman and Bernadette Murphy try to solve one of the art world's most enduring mysteries. (S)(R)(HD)(AD)
1.40-3.40 Sign Zone: Forces of Nature with Brian Cox (S)(R)(AD) **2.40 Inside the Factory: How Our Favourite Foods Are Made** (S)(R)(AD)
3.40-6.00am Previews (S)(HD)

ITV1

SKY 103 HD 178 | VIRGIN 103 HD 113 | F'VIEW 3 HD 103 | F'SAT 103 HD 111

6.00am Good Morning Britain Olly Murs chats about his latest single. (S)(HD)
8.30 Lorraine (S)(HD)
9.25 The Jeremy Kyle Show Guests air their differences. (S)(R)(HD)
10.30 This Morning Presented by James Martin and Anita Rani. (S)(HD)
12.30pm Loose Women With guest Jake Quickenden. (S)(HD)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Judge Rinder Real-life cases heard in a studio courtroom. (S)(R)(HD)
3.00 Secret Dealers An impressive collection of jewellery. (S)(R)(HD)
4.00 Tipping Point Game show hosted by Ben Shephard. (S)(R)(HD)
5.00 Cash Trapped SERIES FINALE Quiz hosted by Bradley Walsh. (S)(HD)
6.00 Local News (S)
6.30 ITV News (S)

8.30 Coronation Street

7.00 Emmerdale Andy may be about to find out that he has been set up by Chrissie. (S)(HD)(AD)

7.30 Coronation Street Kate accuses Caz of intentionally hurting her after Luke gets a flower order wrong. (S)(HD)(AD)

8.00 Gino's Italian Escape – Islands in the Sun 6/6. Gino D'Acampo climbs the craters of Mount Etna. (S)(R)(HD)

8.30 Coronation Street Maria and Aidan have a passionate encounter. (S)(HD)(AD)

9.00 Doc Martin *Other People's Children:* 6/8. Louisa's ex-boyfriend Danny brings seven children from London to camp on Ruth's farm, and Martin uncovers a health scare at James's first birthday party. (Series 7) (S)(R)(HD)(AD)

10.00 ITV News (S)

10.30 Local News (S)

10.40 FILM A Fish Called Wanda Comedy starring John Cleese, Jamie Lee Curtis, Kevin Kline and Michael Palin. A double-crossing gang of thieves pursues a starchy barrister to locate a haul of jewels. (S)(HD)(AD) (1988, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.45am Jackpot247
3.00 Murder, She Wrote *When Thieves Fall Out:* Jessica reopens an old murder case. (S)(R)(HD)(AD)
3.50-6.00am ITV Nightscreen (HD)

+1 hour: SKY 131 | VIRGIN 114 | FREEVIEW 33 | FREESAT 112

(W) Digital Widescreen (S) Subtitles (SL) Signing (R) Repeat (HD) High Definition (AD) Audio Description

CHANNEL 4

SKY 104 HD 227 | VIRGIN 104 HD 142 | F'VIEW 4 HD 104 | F'SAT 104 HD 126

6.15am 3rd Rock from the Sun (S)(R)(AD) **7.05 Everybody Loves Raymond** (S)(R) **8.05-9.35 Frasier** (S)(R)(AD) **9.35 The Big Bang Theory** (S)(R)(HD)(AD) **10.35am-12.00noon The Simpsons** (S)(R)(AD)
12.00noon News (S)(HD)
12.05pm The Simpsons (S)(R)(AD)
12.35-3.10 Come Dine with Me Back-to-back editions of the contest from north Surrey. (S)(R)(HD)
3.10 Countdown (S)(HD)
4.00 Three in a Bed (S)(R)(HD)
5.00 Couples Come Dine with Me Three south London couples compete to win the £1000 prize. (S)(R)(HD)
6.00 The Simpsons (S)(R)(AD)
6.30 Hollyoaks The Nightingale family descends into chaos, and elsewhere, Ste is alarmed to find a strange man at Amy's house. (S)(HD)(AD)

10.00 Friday Night Dinner

7.00 News (S)(HD)

8.00 Amazing Spaces Shed of the Year The 2016 contest arrives at its halfway point with the Pubs and Entertainment, and Workshops and Studios categories. Plus, a man with more than 300 lawnmowers. (S)(HD)(AD)

9.00 8 Out of 10 Cats Does Countdown Jimmy Carr hosts the popular quiz as Sean Lock and David Mitchell compete against Jon Richardson and Katherine Ryan. Plus, The Brett Domino Trio helps out in Dictionary Corner. (S)(HD)

10.00 Friday Night Dinner 4/6. Adam regresses into a little boy, while Jim passes his driving test. (Series 4) (S)(HD)(AD)

10.35 First Dates Podiatrist Felicity meets handsome city boy Jethro, while Irishman Damian goes on a date with part-time model Kai. (S)(R)(HD)(AD)

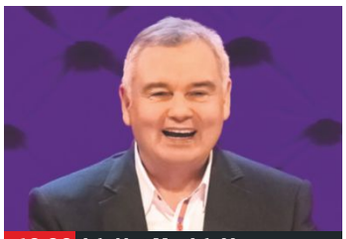
11.40 Man Down (S)(R)(HD)(AD) **12.05am A Granny's Guide to the Modern World** (S)(R)(HD)(AD)
12.35 FILM Scott Pilgrim vs. the World Comedy. (S)(HD)(AD) (2010, 12, 115min) ★★★★ **2.30 Fresh Meat** (S)(SL)(R)(HD)(AD) **3.20 Phil: Secret Agent Down Under** (S)(R)(HD)(AD) **4.15 Countdown** (S)(R)(HD) **4.55 Fifteen to One** (S)(R)(HD) **5.50-6.15am Draw It!** (S)(R)(HD)

+1 hour: SKY 135 | VIRGIN 143 | F'VIEW 13 HD 109 | F'SAT 121

CHANNEL 5

SKY 105 HD 105/171 | VIRG 105 HD 150 | F'VIEW5 HD 105 | F'SAT 105 HD 105

6.00-9.15am Milkshake!
9.15am The Wright Stuff (HD)
11.15 Cowboy Builders The team meets a Bristol family. (S)(R)(HD)
12.10pm News (S)(HD)
12.15 Celebrity Big Brother (R)(HD)
1.15 Home and Away (S)(HD)(AD)
1.45 Neighbours (S)(HD)(AD)
2.15 NCIS *Shiva:* 12/24. The team identifies the killer as a Swedish mercenary. (Series 10) (S)(R)(HD)
3.15 FILM PREMIERE Against the Wild Drama starring Natasha Henstridge. (S)(HD) (2013, PG, 105min) ★★★
5.00 News (S)(HD)
5.30 Neighbours Piper comes to Xanthe's rescue. (S)(R)(HD)(AD)
6.00 Home and Away Marilyn tells John they are back on the foster parent waiting list. (S)(R)(HD)(AD)
6.30 News (S)(HD)



10.00 It's Not Me, It's You

7.00 Cricket on 5 Mark Nicholas presents action from day two of the fourth and final Test between England and Pakistan at The Oval. (S)(HD)

8.00 The Lost City of the Pharaohs Efforts to find the location of Pi-Ramesse, a settlement built by the 19th Dynasty of Egypt Pharaoh Ramesses II in the northernmost region of Egypt. (S)(R)(HD)

9.00 Celebrity Big Brother: Live Eviction Emma Willis announces the identity of the least popular housemate and invites them to vacate the house. (S)(HD)

10.00 It's Not Me, It's You 7/8. Relationship-based comedy panel show, hosted by Eamonn Holmes. (S)(HD)

10.30 Celebrity Big Brother: Live Eviction In the aftermath of the latest eviction, Emma Willis chats to the latest famous face to be shown the door. (S)(HD)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the *CBB* companion show. (S)(HD)
12.05am SuperCasino 3.10 Celebrity Big Brother: The Eviction (S)(R)(HD) **4.00 Celebrity Big Brother: The Eviction** (S)(R)(HD) **4.25 Muggings & Mayhem: Caught on Camera** (S)(SL)(R) **4.45-5.10am HouseBusters** (S)(SL)(R)

+1 hour: SKY 177 | VIRGIN 155 | F'VIEW 44 | F'SAT 128

LOCAL VARIATIONS

BBC1

SCOTLAND Sky 951, Virgin 862, Freesat 960
No variations

N. IRELAND Sky 953, Virgin 863, Freesat 957
No variations

WALES Sky 952, Virgin 864, Freesat 964
No variations

BBC2

SCOTLAND Sky 970, Freesat 970
No variations

N. IRELAND Sky 972, Freesat 969
No variations

WALES Sky 971, Freesat 971
No variations

ITV

No variations

S4C

Sky 134, Virgin 166, Freesat 120
7.00am Cyw **1.00pm** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Cofio Gyda Cefin Roberts (AD) **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Y Babell Lên 2016 **SERIES FINALE 4.00** Awr Fawr **5.00** Stwnsh: P'Nawn da Bawb **5.15** Stwnsh: Dan Glo **5.40** Stwnsh: Oi! Osgar **5.45** Stwnsh: Gwboi a Twm Twm **6.00** Pobol y Cwm (AD) **6.25** Newyddion S4C a'r Tywydd **6.30** Taith Fawr y Dyn Bach (AD) **7.00** Heno **8.00** Pobol y Cwm (AD) **8.25** Nyth Cacwn **9.00** Newyddion 9 a'r Tywydd **9.30** Cymru dan 18 yn Ne Affrica 2016 **10.30** Y Goeden Faled (AD) **11.00pm-12.05am** Malcolm Allen: Cyfle Arall

Today's listings for the *BBC's Olympic Channels* are on page 102

ITV2

SKY 118 HD 118/225 | VIR 115 HD 176 | F'VIEW 6 | F'SAT 113

6.00am Planet's Funniest Animals **6.20** Dinner Date (HD) **7.10** The Ellen DeGeneres Show (HD) **8.00** Emmerdale (HD)(AD) **9.00** You've Been Framed! Gold
9.30 Psych (HD) **10.20** Royal Pains (HD) **11.15** Dinner Date (HD) **12.15pm** Emmerdale (HD)(AD) **1.15** You've Been Framed! Gold **1.45** The Ellen DeGeneres Show (HD) **2.35-5.50** The Jeremy Kyle Show: Triple bill. (HD) **5.50** Take Me Out (HD) **6.35** You've Been Framed! Gold

7.00 Funniest Ever You've Been Framed! Gold Home-video clip show.

8.00 Two and a Half Men Double bill. (Series 8) (HD)

9.00 FILM The Matrix Reloaded Sci-fi action thriller sequel from the Wachowskis starring Keanu Reeves, Laurence Fishburne, Hugo Weaving and Carrie-Anne Moss. Includes *FYI Daily* at 10.10. (HD)(AD) (2003, 15, 137min) ★★★
11.45 Family Guy (HD)(AD) **12.40am** American Dad! (HD)(AD) **1.35-2.30am** The Cleveland Show (HD)(AD)

+1 hour: SKY 180 | VIRG 116 | F'VIEW 27 | F'SAT 114

MORE4

SKY 138 HD 138/231 | VIR 147 HD 203 | F'VIEW 14 | F'SAT 124

8.55am Food Unwrapped (HD) **9.35** A Place in the Sun: Winter Sun (HD) **10.30** River Cottage Bites (HD) **10.55 FILM** Titanic: Drama. (HD) (1953, b/w, PG, 94min) ★★★ **12.55pm** Time Team (HD) **3.05** A Place in the Sun: Winter Sun (HD) **5.15-7.55** Four in a Bed (HD)

7.55 Grand Designs A couple give a 1950s house a modernist makeover. (HD)

9.00 The Out-Laws NEW EPISODE *Noose Spray:* 5/8. Jean-Claude's body is dug up for examination, Mathias seeks comfort from Bekka, and Thomas confronts Goedele about her husband's medical history. Subtitled. (HD)(AD)

10.10 It Was Alright in the 1970s 1/2. Matt Lucas narrates a look back at the decade's TV shows, beginning with themes of pleasure and leisure. (HD)
11.15 24 Hours in A&E (HD)(AD) **12.20am** Ramsay's Kitchen Nightmares USA **1.20** Love Child (AD) **2.20** 24 Hours in A&E (HD)(AD) **3.30-3.40am** Kirstie's Handmade Treasures (HD)

+1 hour: SKY 139 | VIRG 196 | F'SAT 125

SKY1

SKY 106 HD 106/217 | VIRGIN 110 HD 109

6.00am Supergirl (HD) **7.00** The Flash (HD) **9.00** Futurama (HD)(AD) **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles (HD)
12.00noon Hawaii Five-0 (HD) **1.00pm** Supergirl (HD) **2.00** The Flash (HD) **4.00** Modern Family (Series 6) (HD) **5.00** The Simpsons (HD) **5.30** Futurama (HD) **6.30** The Simpsons (HD)

7.00 The Simpsons *The Musk Who Fell to Earth*: A billionaire inventor comes to town. (HD) **7.30** *Walking Big & Tall*: Bart and Lisa try to find a new town anthem for Springfield. (HD)

8.00 Modern Family 11/24. Jay drags the families off to a Palm Springs hotel to celebrate the new year. (HD) **8.30** 12/24. Gloria tries to throw Manny a surprise birthday party. (Series 4) (HD)

9.00 A League of Their Own: Unseen James Corden introduces out-takes from series seven of the sports-based comedy quiz. (HD)(AD)

10.00 Premier League Years Memorable moments from the 2015/16 season. (HD)
12.00m't The Last Ship: *Devil May Care*: 4/13. Slattery learns more about the supposed virus mutation. (Series 3) (HD) **1.00am** Zoo (Series 2) (HD) **2.00** NCIS: Los Angeles (Series 6) (HD) **3.00** Arrow (HD)(AD) **4.00** Road Wars (HD) **5.00-6.00am** Ninja Warrior

+1 hour: SKY 130

E4

SKY 136 HD 136/202 | VIR 144 HD 145 | F'VIEW 28 | F'SAT 122

6.00am Hollyoaks (HD)(AD) **6.25** Coach Trip: Road to Ibiza (HD)(AD) **6.50** Melissa & Joey (HD)(AD) **7.10** How I Met Your Mother (HD)(AD) **8.05** Rules of Engagement (HD) **9.00** The Goldbergs (HD)(AD)
10.00 Baby Daddy (HD) **11.00** Charmed **1.00pm** How I Met Your Mother (HD)(AD) **2.00** The Big Bang Theory (HD)(AD) **3.00** Baby Daddy (HD) **4.00** Melissa & Joey (HD) **5.00** The Goldbergs (HD)(AD) **6.00** The Big Bang Theory (HD)(AD) **7.00** Hollyoaks: Freddie hopes to impress Ellie. (HD)(AD)

7.30 Coach Trip: Road to Ibiza NEW EDITION Brendan spoils the tourists with a visit to Monte Carlo. (HD)(AD)

8.00 The Big Bang Theory 18/24. Sheldon receives a nasty surprise when he visits his mother. (HD)(AD) **8.30** 20/24. Raj discovers a secret about Howard. (Series 7) (HD)(AD)

9.00 FILM The Five-Year Engagement Romantic comedy starring Jason Segel and Emily Blunt. (HD) (2012, 15, 119min) ★★★
11.25 The Big Bang Theory (HD)(AD) **12.25am** Tattoo Fixers on Holiday (HD)(AD) **1.30** Wasted (HD)(AD) **2.00** Gogglebox (HD) **2.55** First Dates (HD) **3.50** Rude Tube (HD) **4.15** Rules of Engagement (HD) **4.55-6.00am** Charmed (Series 8)

+1 hour: SKY 137 | VIRG 146 | F'VIEW 29 | F'SAT 123

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FRIDAY Entertainment

Friday

Sky Living
SKY 107 HD 107/221 VIRGIN 112 HD 111

6.00am UK Border Force (HD) **8.00** Million Dollar Listing: NYC (HD) **9.00-11.00** Nothing to Declare UK (HD) **11.00** RSPCA Animal Rescue (HD) **12.00noon** The Biggest Loser: Australia **1.00pm** Million Dollar Listing: NYC (HD) **2.00** Criminal Minds (HD) **4.00** UK Border Force (HD) (HD) **5.00** Cooks to Market **5.15** Nothing to Declare **6.45** My Kitchen Rules: Australia **NEW EDITION** (HD)

9.00 Unforgettable

7 PM **My Kitchen Rules: Australia** (started at 6.45pm)

8 PM **8.00 Criminal Minds** *Restoration:* 18/24. A case leads Morgan to the man who abused him as a child. (Series 8) (HD)

9 PM **9.00 Unforgettable NEW EPISODE** *Shelter from the Storm:* 9/13. Carrie and Al seek refuge from a hurricane in a run-down house. (Series 4) (HD)

10 PM **10.00 Stalker** *Crazy for You:* 9/20. A psychiatrist believes he is being stalked by a patient. (HD)

11.00 Criminal Minds (HD) **12.00m't** Hannibal (HD) **2.00am** Bones **4.00-6.00am** Border Security: Canada's Front Line (HD)

+1 hour SKY 122 VIRGIN 140

Sky Atlantic
SKY 108 HD 108/222

6.00am Richard E Grant's Hotel Secrets (HD) **7.00** The British (HD) **8.00** Cold Case: Double bill. (HD) **10.00** The West Wing (HD) **11.00** House (HD) **12.00noon** Without a Trace (HD) **1.00pm** Blue Bloods (HD) **2.00** The Petrol Age (HD) **3.00** Cold Case (HD) **5.00** The West Wing: *The Stackhouse Filibuster:* 17/22. (Series 2) (HD) **6.00** House: *Damned If You Do:* 5/22. (Series 1) (HD)

9.00 Homegrown...

7.00 Without a Trace *Volcano:* 13/23. An autistic boy disappears during a field trip to a museum in Manhattan. (Series 3) (HD)

8.00 Blue Bloods *The Uniform:* 11/22. An officer is suspected of a shooting at a diner. (Series 2) (HD)

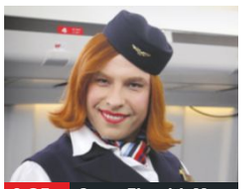
9.00 Homegrown: The Counter-Terror Dilemma Documentary focusing on America's counter-terrorism machine.

10.45 Oz (HD) **1.15am** The Sopranos (HD) **2.15** Veep (HD) **3.25** Without a Trace (HD) **4.20** Richard E Grant's Hotel Secrets (HD) **5.10-6.00am** The British (HD)

+1 hour SKY 170

GOLD
SKY 110 VIRGIN 124

7.00am Outnumbered **7.40** The Brittas Empire **8.15** My Hero **8.55-10.55** Last of the Summer Wine: Triple bill. **10.55am-1.05pm** 'Allo 'Allo! Triple bill of the series. **1.05pm** Outnumbered **1.45** The Brittas Empire **2.20** My Hero **3.00-5.00** Last of the Summer Wine: Triple bill. **5.00** Miranda **5.40** Only Fools and Horses: Christmas special from 1986. Rodney dates an aristocrat's daughter.



9.35 Come Fly with Me

7.00 Only Fools and Horses Festive special. Del and Rodney get a blast from the past. **7.45** Rodney wins a holiday at a five-star hotel in Majorca, but cannot understand why the trip is for three people.

8.50 Fawlty Towers Hotel inspectors throw Basil into a panic. Guest stars Bernard Cribbins.

9.35 Come Fly with Me Great British Air's snobbiest employee has to deal with passengers from the lower classes.

10.20 Bottom **11.00** Monty Python's Best Bits **11.40** Monty Python: Parrot Sketch Not Included **1.00am** Monty Python's Best Bits **1.40 FILM** Monty Python Live at the Hollywood Bowl: Comedy starring John Cleese. (1982, 15, 100min) ★★★ **3.20-4.00am** Bottom

+1 hour SKY 166 VIRGIN 190

Dave
SKY 111 HD 111/246 VIRGIN 127 HD 194 F'VIEW 12

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Red Bull Soapbox Race (HD) **9.00** Lizard Lick Towing (HD) **10.00** American Pickers (HD) **11.00** Storage Hunters (HD) **12.00noon** Top Gear **1.00pm** American Pickers **3.00** World's Most Dangerous Roads (HD) **4.00** Lizard Lick Towing: Double bill. (HD) **5.00** Red Bull Soapbox Race (HD) **6.00** Top Gear

5.00 Red Bull Soapbox...

7.00 American Pickers Mike and Frank look for old arcade games during a power cut. They also come across a collection of motorbikes.

8.00 QI XL Jo Brand, Marcus Brigstocke, Danny Baker and Alan Davies answer Stephen Fry's questions on all things kinetic. (HD)

9.00 Would I Lie to You? With Gareth Malone, Amanda Abbington and Richard Osman. (HD) **9.40 Mock the Week** With Milton Jones, Ed Byrne and Ava Vidal. (HD) **10.20 QI** Children in Need edition of the quirky quiz.

11.00 QI **11.40** Would I Lie to You? (HD) **12.20am** Mock the Week (HD) **1.00** QI **2.20** Mock the Week **3.00-4.00am** Red Bull X-Fighters (HD)

+1 hour SKY 214 VIRGIN 211 F'VIEW 84

ITV3
SKY 119 HD 119/263 VIR 117 HD 177 F'VIEW 10 F'SAT 115

6.00am Movies Now (HD) **6.10** Doctor in the House **6.35** Heartbeat **7.35** Where the Heart Is **8.40** The Royal **9.40-11.00** Judge Judy: Triple bill. (HD) **11.00** Murder, She Wrote (HD) **12.00noon** Love Your Garden (HD) **1.05pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** In Loving Memory **4.50** Rising Damp **5.20** George and Mildred **5.55** Heartbeat: *Bread and Circuses.*

8.00 Birds of a Feather

7.00 Murder, She Wrote *Broadway Malady:* A Broadway actress comes out of retirement, only to find her life in danger. With Lorna Luft. (HD)

8.00 Birds of a Feather The sisters discover Dorien has a secret. (HD) **8.30** Tracey and Sharon vie for Auntie Vera's Pearly Queen title. (HD)

9.00 Paul O'Grady: For the Love of Dogs Author Jacqueline Wilson adopts a puppy. (HD) **9.30** Paul helps remove a dog's matted hair. (HD)

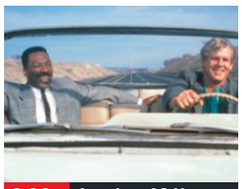
10.00 A Touch of Frost *House Calls:* Frost tackles a series of bizarre assaults on children.

12.15am Inspector Morse (HD) **2.10** Long Lost Family (HD) **3.00** Rory Bremner's Great British Views (HD) **4.45** George and Mildred **5.10-5.30am** Judge Judy (HD)

+1 hour SKY 193 VIRGIN 174 F'SAT 116

ITV4
SKY 120 HD 120/268 VIR 118 HD 178 F'VIEW 24 F'SAT 117

6.00am Magnum, PI (HD) **6.50** Gunsmoke **7.45** The Sweeney **8.45** Ironside **9.50** Quincy ME (HD) **10.55** Magnum, PI (HD) **11.55** Gunsmoke **1.00pm** Pawn Stars: Double bill. (HD) **2.00** Storage Wars: Double bill. (HD) **2.55** The Sweeney **3.55** Quincy ME (HD) **5.00** Ironside: *The Machismo Bag:* Mark meets a group of freedom fighters. **6.00** Storage Wars (HD)



9.00 Another 48 Hrs

7.00 Pawn Stars A script for *The Godfather* signed by Al Pacino. (HD) **7.30** There are fierce negotiations for a US Civil War musket. (HD)

8.00 TT Blues Road traffic cops are stretched to the limit, and a crash survivor opens up about his dice with death. (HD)

9.00 FILM Another 48 Hrs Action thriller comedy sequel starring Nick Nolte and Eddie Murphy. Includes *FYI Daily* at 10.05. (HD) (1990, 18, 95min) ★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 FILM Space Cowboys: Sci-fi action adventure with Clint Eastwood. Includes *FYI Daily* at 12.05. (HD) (2000, PG, 129min) ★★★ **1.40** River Monsters (HD) **2.35-2.40am** Movies Now (HD)

+1 hour SKY 206 VIRGIN 175 F'SAT 155

Real Lives
SKY 172 VIRG 160

6.00am Animal House **7.00** The Steve Wilkos Show **8.00** Jerry Springer **9.00** Battle of the Brides **10.00** The Biggest Loser: Australia **11.00** Nothing to Declare **12.00noon** America's Next Top Model **1.00pm** The Biggest Loser: Australia **2.00** Four Weddings **3.00** Obese: A Year to Save My Life USA **4.00** 60 Minute Makeover **5.00** The Steve Wilkos Show **6.00** Obese: A Year to Save My Life USA **7.00** Nothing to Declare **9.00** Forbidden Love: Our Gender Swap Wedding **10.00** The Real L Word **NEW EDITION** 5/9. **11.15** Gigolos **12.15am** Sexcetera **1.15** Most Shocking **2.10** Most Haunted **4.00** Sixth Sense with Colin Fry **5.00-6.00am** 60 Minute Makeover

+1 hour SKY 173 VIRG 207

Sky2
SKY 129 VIRG 121

6.00am Stop, Search, Seize **8.00** 60 Minute Makeover **9.00** Ninja Warrior Women Tournament **10.00** Robot Wars Extreme **11.00** Monkey Life **12.00noon** Harrow: A Very British School **1.00pm** Robot Wars Extreme **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter **4.00** Danger Dogs **5.00** Stargate SG-1 **6.00** Relic Hunter **7.00** A Town Called Eureka **8.00** Arrow **9.00** 50 Ways to Kill Your Mammy **10.00** Karl Pilkington: The Moaning of Life **11.00** Ross Kemp in Search of Pirates **12.00m't** Bradley Wiggins: The Road to Rio **1.00am** 50 Ways to Kill Your Mammy **2.00** Karl Pilkington: The Moaning of Life **3.00** Ninja Warrior Women Tournament **4.00** Robot Wars Extreme **5.00-6.00am** Andromeda (Series 1)

Pick
SKY 152 VIRG 123 F'VIEW 11 F'SAT 144

6.00am 60 Minute Makeover **7.00** Most Haunted **8.00** Sixth Sense with Colin Fry **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12.00noon** Border Security: Canada's Front Line **1.00pm** 60 Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** The Dog Whisperer **5.00** Monkey Business **6.00** A Town Called Eureka **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Police Force: Australia **10.00** Police 10/7 **11.00** Brit Cops: Rapid Response **12.00m't** Police Force: Australia **1.00am** Road Wars **2.00** Most Shocking **3.00** Police 10/7 **4.00** Motorway Patrol **4.30** Highway Patrol **5.00-6.00am** Road Wars

+1 hour SKY 153 F'SAT 145

E!
SKY 151 HD 151/239 VIRG 156

7.00am Kourtney & Kim Take New York **8.00** News **8.30** Botched **9.00** Keeping Up with the Kardashians **11.00** Total Divas **12.00noon** News **12.30pm** Botched **2.00** Hollywood Cycle **3.00** Wags **4.00** Total Divas **5.00** Keeping Up with the Kardashians **7.00 News** **7.30 Botched** **8.00 Keeping Up with the Kardashians** The family is excited about its vacation to Greece. **9.00** The sisters make a trip to Havana. **10.00 Wags** **11.00** News **11.30** Botched **12.00m't** Total Divas **1.00am** Keeping Up with the Kardashians **1.30** Teleshopping **2.30** I Am Cait **3.30** News **4.00** Botched **4.30-5.00am** Rich Kids of Beverly Hills

+1 hour SKY 229

Alibi
SKY 132 HD 132/247 VIRG 126 HD 200

7.00am Diagnosis Murder **8.00** Murdoch Mysteries (HD) **10.00** Sue Thomas: F.B.Eye **11.00** Castle (HD) **12.00noon** Rizzoli & Isles (HD) **1.00pm** Diagnosis Murder **2.00** Sue Thomas: F.B.Eye **3.00** Murdoch Mysteries (HD) **5.00** Castle (HD) **6.00** Rizzoli & Isles (HD) **7.00 Crossing Lines** (HD) **8.00 King and Maxwell** *Pilot:* 1/10. Pilot episode of the crime drama starring Jon Tenney. (Series 1) (HD) **9.00 Inspector George Gently** *Gently in the Cathedral:* The detective comes up against an old adversary from his days in London. (HD) **11.00** Crossing Lines (HD) **12.00m't** Perception (HD) **1.00-3.40am** Ripper Street

+1 hour SKY 226 VIRG 130

ITV Be
SKY 179 VIR 119 HD 179 F'VIEW 26 F'SAT 118

9.00am Be Beautiful (HD) **9.10** The Only Way Is Essex (HD) **10.00** Who's Doing the Dishes? (HD) **11.00** Flipping Out (HD) **12.00noon** Buying and Selling (HD) **1.00pm** Dinner Date (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City **4.00** The Real Housewives of Cheshire: Double bill. (HD) **6.00** Dinner Date (HD) **7.00** Buying and Selling (HD) **8.00** Dinner Date (HD) **9.00** Atlanta Plastic: A woman with sagging skin. (HD) **10.00** The Millionaire Matchmaker: A man hopes to find a spiritual woman. (HD) **11.00** Bridezillas **NEW EDITION** (HD) **11.55pm-12.50am** The Jeremy Kyle Show USA

+1 hour SKY 207 VIRG 120 F'SAT 119

ITV Encore
SKY 123 HD 123/269

6.00am Robin of Sherwood **6.55** Always and Everyone **7.50** Upstairs, Downstairs **8.50** The Casebook of Sherlock Holmes (HD) **9.50** Heartbeat **10.55** The Ruth Rendell Mysteries **1.05pm** Robin of Sherwood **2.15** Always and Everyone **3.20** Heartbeat **4.20** Upstairs, Downstairs **5.35** The Casebook of Sherlock Holmes (HD) **6.40** Agatha Christie's Poirot (HD) **9.00** Scott & Bailey (HD) **10.00** Black Work (HD) **11.00** Home Fires (HD) **12.05am** Agatha Christie's Poirot (HD) **1.15** Love Life (HD) **2.15** Kingdom **3.10** Crime Stories **4.00** Upstairs, Downstairs **5.00-6.00am** The Casebook of Sherlock Holmes (HD)

+1 hour SKY 208

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Comedy Central
SKY 112 HD 112/205 VIRGIN 132 HD 181

8.00am The Middle: Double bill. (HD) **9.00** That '70s Show: Double bill. **10.00** Bob's Burgers: Double bill. (HD) **11.00am-2.00pm** Friends: Back-to-back episodes of the sitcom. (HD)
2.00pm Impractical Jokers: Double bill. (HD) **3.00-7.00** Friends: Back-to-back episodes, including at: **6.30** 16/24. Chandler hears a startling revelation about his relationship. (Series 7) (HD)

10.00 South Park

7.00 Friends 17/24. Monica fights for a special wedding dress. (HD) **7.30** 18/24. Joey is nominated for a drama award. (Series 7) (HD)

8.00 Impractical Jokers The pranksters must do what they are told. (HD) **8.30** The guys work as stadium security. (HD)

9.00 Bob's Burgers 8/23. Gene tries to break up with his girlfriend. (HD) **9.30** 11/23. Animated comedy with Kristen Schaal. (Series 3) (HD)

10.00 South Park (HD) **11.00** Jimmy Carr: Telling Jokes (HD) **12.00m't** Rob Beckett at the Comedy Store (HD)
12.30am The Daily Show **NEW EDITION** (HD) **1.00** South Park (HD) **2.00** Workaholics (HD) **2.30** Idiotsitter (HD) **3.00** Inside Amy Schumer (HD) **3.25** Billy on the Street (HD) **3.50-5.00am** Two and a Half Men (HD)

+1 hour SKY 127 VIRGIN 133

Syfy
SKY 114 HD 114/201 VIRGIN 135 HD 165

6.00am Buffy the Vampire Slayer **8.00** Teleshopping **11.00** Star Trek: Voyager **12.00noon** Star Trek: The Next Generation (Series 5)
2.00pm FILM Lavalantula (2015, 15, 81min) ★★ **4.00 FILM** Airplane vs Volcano (2014, 15, 91min) ★
6.00 Star Trek: The Next Generation: *Ensign Ro:* 3/26. Picard tracks down a terrorist leader. Guest stars Whoopi Goldberg. (Series 5)

4.00 Airplane vs Volcano

7.00 Star Trek: The Next Generation *Silicon Avatar:* 4/26. The crew encounters a destructive force while conducting a land survey. (Series 5)

8.00 FILM X-Men Comic-book fantasy adventure starring Patrick Stewart, Hugh Jackman and Ian McKellen. A group of superhero mutants sets out to foil a plot against the governments of the world by one of their former comrades. (2000, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Mr Robot *eps1.4-3xpl0its.wmv:* 5/10. Elliot meets Tyrell. (Series 1)

11.10 Bitten **12.10am** Fact or Faked: Paranormal Files **1.10** Star Trek: Voyager **2.10** Star Trek: The Next Generation **4.10-6.00am** Quantum Leap

+1 hour SKY 194 VIRGIN 136

W
SKY 109 HD 109/245 VIRGIN 125 HD 191

6.10am MasterChef Australia: The Professionals (HD) **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home (HD)
10.00 The Bill **11.00** Tipping Point (HD) **1.00pm** Judge Faith **NEW EDITIONS** Double bill. (HD) **2.00** Traffic Cops
2.40 Extreme Makeover: Home Edition **3.40** My Dream Home (HD) **5.40** Tipping Point (HD) **6.40** Extreme Makeover: Home Edition

10.40 The Bucket List

7.40 Celebrity MasterChef The eight remaining cooks enter the semi-finals, catering for the Shakespeare Society and cooking a classic British dish from a box of mystery ingredients. (HD)

9.00 Dynamo: Magician Impossible The illusionist heads to India, meeting Bollywood star Irrfan Khan and visiting one of the world's largest slums. (HD)

10.00 EastEnders As shown on BBC1. (HD)

10.40 FILM The Bucket List Comedy drama. (HD) (2007, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40am EastEnders (HD) **1.20** Atlantis (HD) **2.50-3.00am** Dynamo: Top Ten Greatest Moments

+1 hour SKY 213 VIRGIN 131

Universal
SKY 113 HD 113/204 VIRGIN 137

6.00am CSI: Miami (Series 2) (HD) **7.00** Teleshopping **8.00** CSI: Miami (Series 2) (HD)
10.00am-2.00pm Law & Order: Back-to-back episodes. (Series 19) (HD)
2.00-7.00pm NCIS: Back-to-back episodes, including at: **5.00** *Road Kill:* 10/25. A petty officer involved in a fight club is murdered. (HD) **6.00** *Silent Night:* 11/25. A robbery is committed by a man believed dead. (Series 6) (HD)

8.00 Major Crimes

7.00 NCIS *Caged:* 12/25. McGee tries to quell a crisis in a women's prison. (Series 6) (HD)

8.00 Major Crimes *Personal Effects:* 6/23. The squad works to identify a set of skeletal remains. (Series 4) (HD)

9.00 NCIS *Flesh and Blood:* 12/24. Tony's father is linked to an attempted assassination. Guest stars Robert Wagner. (HD)

10.00 *Mother's Day:* 16/24. Gibbs's former mother-in-law surfaces as a witness in a murder case. (Series 7) (HD)
11.00pm-2.00am Law & Order: Special Victims Unit (Series 6&13) (HD) **2.00am** Major Crimes (HD) **3.00** Numb3rs (HD) **5.00-6.00am** CSI: Miami (HD)

+1 hour SKY 150 VIRGIN 138

FOX
SKY 124 HD 124/188 VIRGIN 157 HD 199

8.00am Law & Order: Criminal Intent (Series 1) (HD) **9.00** Medium (Series 2) (HD) **11.00** The Closer (HD)
1.00pm NCIS: Double bill. (Series 9) (HD) **3.00** Medium: Double bill. (Series 2) (HD)
5.00 The Closer: *Till Death Do Us Part – Part Two:* 13/15. Jonathan Shafer's alibi comes to light. (HD) **6.00** *Next of Kin – Part One:* 14/15. Brenda tries to track down a witness in Atlanta. (Series 3) (HD)

7.00 NCIS

7.00-10.00 NCIS *Up in Smoke:* 23/24. The investigators try to catch fugitive terrorist Harper Dearing. Guest stars Richard Schiff. (HD)

8.00 *Till Death Do Us Part:* 24/24. Gibbs takes desperate measures as he tries to track down elusive terrorist Harper Dearing. (Series 9) (HD)

9.00 *Saviours:* 8/24. DiNozzo must help old flame Jeanne Benoit rescue her kidnapped husband. (Series 13) (HD)

10.00 Tyrant *Spring:* 1/10. Barry reluctantly moves into the role of interim president. (Series 3) (HD)

11.00 Family Guy **12.00m't** American Dad! (HD) **1.00-4.00am** Family Guy (HD) **4.00-5.00am** American Dad! (HD)

+1 hour SKY 165 VIRGIN 158

Sky Arts
SKY 121 HD 121/223 VIRGIN 122 HD 206

6.00am Living the Life (HD) **7.00** My Shakespeare **8.00** Tales of the Unexpected **9.00** Auction (HD) **10.00** André Rieu: Dreaming (HD)
11.30 The World of Liberace **1.00pm** Tales of the Unexpected **2.00** Inside the Actors Studio: Danny DeVito
3.00 FILM Tosca (2001, PG, 125min) ★★★ **5.20** Classical Destinations (HD) **5.35** Baim Archive (HD) **6.00** Master of Photography (HD)

9.00 Trailblazers: New...

7.00 Discovering: Joan Crawford A look at the life and career of the Oscar-winning actress.

8.00 Classic Albums Special Exploring the success of Duran Duran's hit album *Rio*. (HD)

9.00 Trailblazers: New Romantics NEW EDITION 16/20. Examining key moments in the development of the genre. (HD)

10.00 Soundbreaking 8/8. The developments of different formats for listening to music. (HD)

11.00 Guitar Star (HD) **12.00m't** Lost Songs: The Basement Tapes Continued (HD) **2.00am** The Ronnie Wood Show (HD) **3.10** REM by MTV (HD) **5.00-6.00am** Darbar Festival 2014 (HD)

Friday

7 PM
8 PM
9 PM
10 PM

CBS Action
SKY 148 VIRG 192 F'VIEW 64 F'SAT 137

9.00am JAG (Series 9) **10.00** NCIS **11.00** Star Trek: Deep Space Nine **12.00noon** Star Trek
1.00pm Bonanza **2.00** NCIS (Series 4) **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek
7.00 MacGyver *The Black Corsage:* 3/21. Mac tries to track down a Bulgarian fugitive. (Series 5)
8.00 Star Trek: Deep Space Nine (Series 2)
9.00 NCIS *Child's Play:* 9/24. The agents investigate a government organisation dedicated to child prodigies. (Series 7)
10.00 Bad Girls 13/18. Jim Fenner's murder is investigated. (Series 7)
10.50 Walker, Texas Ranger **11.45** NCIS **2.30am** The Streets of San Francisco **3.30** Walker, Texas Ranger **4.15-6.00am** Flashpoint

CBS Drama
SKY 149 VIRG 197 F'VIEW 71 F'SAT 134

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12.00noon** Judge Judy **1.00pm** The Streets of San Francisco (Series 5)
2.00 The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI (Series 6) **6.00** Dr Quinn: Medicine Woman
7.00 Heir Hunters Finding the heir to £300,000.
8.00-10.00 Judge Judy Back-to-back editions of real-life small-claims cases, presided over by former New York judge Judy Sheindlin.
10.00 Cheaters Hidden camera show.
11.00 Cheaters **12.00m't** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45-5.00am** The High Chaparral (Series 2)

4Seven
SKY 140 VIRG 195 F'VIEW 110/47 F'SAT 127

9.00-11.30am Come Dine with Me (HD) **11.30** Superfoods: The Real Story (HD) **12.00noon** The Question Jury (HD) **1.00pm** Ramsay's Kitchen Nightmares USA **2.00** Phil: Secret Agent Down Under (HD) **3.00** Location, Location, Location (HD)
4.00 Couples Come Dine with Me (HD) **5.00** Double Your House for Half the Money (HD) **6.00** Phil: Secret Agent Down Under (HD) **7.00** Come Dine with Me (HD) **8.00** The Supervet: Bionic Specials (HD) **9.00** Britain's Benefit Tenants (HD) **10.00** Naked Attraction (HD)
11.05 8 Out of 10 Cats Does Countdown (HD) **12.05am** 999: What's Your Emergency? (HD) **1.05** Eden (HD) **2.00** The World's Weirdest Weather (HD) **2.55-4.50am** Highlights

5USA
SKY 174 VIRG 153 F'VIEW 21 F'SAT 129

9.00am Diagnosis Murder **10.00** Access **10.15 FILM** A Teacher's Obsession: Thriller. (2015, PG, 83min) ★★
12.00noon CSI: NY **1.00pm** NCIS **2.00** Person of Interest **4.00** NCIS **5.00** CSI: NY **6.00** CSI: Miami
7.00 NCIS *Tribes:* 11/19. A Muslim US Marine is found dead. **8.00** *Stakeout:* 12/19. A stake-out leads to a murder case. (Series 5)
9.00 Rookie Blue *Best Laid Plans:* 10/13. Andy tries to track down an armed robber. (Series 2)
10.00 Law & Order: Special Victims Unit
11.00 CSI: NY **11.55** CSI: Miami **1.50am** CSI: NY **2.45** CSI **3.30** True Crimes: First 72 Hours **3.55-4.00am** Access

SKY 219 VIRG 154 F'VIEW 78 F'SAT 130

5STAR
SKY 176 VIRG 151 F'VIEW 30 F'SAT 131

8.00am Strip Date **8.20** That '70s Show **9.05 FILM** Cheaper By the Dozen 2 (2006, PG, 94min) ★★★★ **11.00** That '70s Show **12.00noon** My Wife and Kids **1.00pm** Dance Moms **1.55** Access **2.00** Celebrity Big Brother
3.00 Neighbours **3.30** Home and Away **4.00** 8 Simple Rules... **5.00** Celebrity Big Brother **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Can't Pay? We'll Take It Away **9.00 FILM** Parker (2013, 15, 114min) ★★★
11.25 Lip Sync Battle **12.00** Celebrity Big Brother: Live from the House **NEW EDITION** **1.00am** Celebrity Big Brother: Heroes and Villains **2.00** Benefits by the Sea: Jaywick **3.00** Now That's Funny! **3.50-4.00am** Access

+1 hour SKY 190 F'SAT 132

True Ent
SKY 184 VIRG 189 F'VIEW 61 F'SAT 142

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12.00noon** The Avengers
1.00pm McBride: The Chameleon Murder **3.00** Danielle Steel's A Perfect Stranger: Romantic drama. **5.00** Highway to Heaven **6.00** Touched by an Angel
7.00 M*A*S*H Double bill.
8.00 The Avengers *A Sense of History:* 24/26. (Series 4)
9.00 FILM Before He Wakes Fact-based thriller starring Jaclyn Smith and Diana Scarwid. (1997, PG, 89min) ★
11.00 The Last Don **1.00-3.00am FILM** Murder Among Friends: Romantic comedy thriller. (2001, PG, 90min) ★★

Drama
SKY 158 VIRG 128 F'VIEW 20 F'SAT 158

7.10am The Bill **8.00** Sharpe **10.00** Lovejoy **11.00** The Bill **1.00pm** Last of the Summer Wine **1.40** Brush Strokes
2.20 Birds of a Feather **3.00** Sharpe **5.00** Lovejoy **6.00** Brush Strokes **6.40** Last of the Summer Wine
7.20 Whatever Happened to the Likely Lads?
8.00 Cadfael *The Devil's Novice – Part One:* Cadfael investigates the murder of a wealthy cleric, and uncovers a connection to a family with tangled loyalties.
9.00 Judge John Deed *Hard-Gating:* A seemingly racially motivated murder is blamed on prison overcrowding.
11.00 Birds of a Feather **11.40** The Bill **12.40am** Lovejoy **1.40** The Indian Doctor **2.35** Cadfael **3.20-4.00am** Birds of a Feather

AMC

SKY 192 HD 192/276

Programmes start at 5pm.

5.00pm FILM **Jesus Henry Christ** Comedy starring Toni Collette and Michael Sheen. A child genius goes on a search for his sperm donor father and gets much more than he bargained for. (2012, 12, 92min) ★

7.00 Grey's Anatomy *Band-Aid Covers the Bullet Hole:* 20/27. Derek and Addison come to terms with their relationship. **8.00** *Superstition:* 21/27. A series of deaths sparks superstitious talk. (Series 2)

9.00 Fear the Walking Dead *Captive:* 5/15. Alicia is determined to be reunited with her family. (Series 2)

10.00 Rectify **12.00m't** Breaking Bad **1.00am** The Shield **2.00** Weeds **3.10** Big Screen **3.30-5.30am** Grey's Anatomy: Double bill.

CBS Reality

SKY 146 VIRGIN 148 F'VIEW 66 F'SAT 135

9.00am Judge Judy **10.00** Unsolved Mysteries: Double bill. **12.00noon** The Super

1.00-3.00pm Judge Judy: Back-to-back editions. **3.00** It's a Miracle with Roma Downey **5.00-7.00** Judge Judy: Back-to-back editions.

7.00 Medical Detectives Double bill of the series.

8.00 Troubled Teens: Jail Shock Placing at-risk teens in a programme to steer them away from a life of crime.

9.00 Stalkers Who Kill What happens when relationships go bad and one partner becomes obsessive.

10.00 Snapped: Killer Couples

11.00 Medical Detectives **12.00m't** I Survived **1.00am** Stalkers Who Kill **2.00** Snapped: Killer Couples **3.00** Teleshopping **4.00** Rapid Response **4.25** Heir Hunters **5.10-6.00am** Dog and Beth: On the Hunt

+1 hour SKY 147 VIRG 201 F'VIEW 67 FSAT 136

Challenge

SKY 145 VIRGIN 139 F'VIEW 46 F'SAT 146

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase: Double bill. **9.00** Pointless **10.00** Deal or No Deal: Double bill. **11.30** Dale's Supermarket Sweep

12.00noon Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase: Double bill. **2.00** Pointless **3.00** The Chase **4.00** The Chase USA **5.00** Total Wipeout **6.00** Robot Wars

7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong.

9.00 The Chase Quiz show hosted by Bradley Walsh.

10.00 Classic Who Wants to Be a Millionaire? Quiz.

11.00pm-1.00am Bullseye: Back-to-back editions. **1.00am** Pointless: Double bill. **3.00** The Chase **4.00** Robot Wars **5.00-6.00am** Are You Smarter Than a 10 Year Old?

+1 hour SKY 164 VIRG 180 FSAT 147

Comedy Central Extra

SKY 128 VIRGIN 182

9.00-11.00am Friends: Back-to-back editions. **11.00** Two and a Half Men **12.00noon** Malcolm in the Middle **1.00pm** Impractical Jokers

2.00 The Middle **3.00** Malcolm in the Middle: Double bill. **4.00** Bob's Burgers **5.00** Two and a Half Men: Double bill. **6.00** That '70s Show

7.00 Malcolm in the Middle Double bill. (Series 4)

8.00 Bob's Burgers

9.00 Lee Evans Live at Her Majesty's Theatre The comedian performs in London.

10.25 Peter Kay at the Comedy Store A stand-up performance by the comedian.

10.55 Friends **11.55** Drunk History **12.55am** Al Murray Live at the O2 **3.05** The Daily Show **3.30** Bob's Burgers **3.55** South Park **4.20-6.00am** The King of Queens: Back-to-back episodes.

+1 hour SKY 159

DMax

SKY 167 VIRGIN 170

6.00am Operation Repo: Double bill. **7.00** Custom My Ride **8.00** Tanked **9.00** American Chopper: Senior Versus Junior: Double bill. **11.00** Misfit Garage

12.00noon Operation Repo: Double bill. **1.00pm** Trawler Wars **2.00** Mythbusters **3.00** Food Factory **4.00** Tanked **5.00** Gold Divers: Under the Ice **6.00** Yukon Men

7.00 Alaska: The Last Frontier

8.00 Food Factory Double bill.

9.00 Insane Pools: Off the Deep End Building a Caribbean-themed pool.

10.00 Property Wars

11.00 Yukon Men **12.00m't** American Chopper: Senior Versus Junior: Double bill. **2.00am** Custom My Ride **3.00** Operation Repo: Double bill. **3.50** Misfit Garage **4.40** American Hot Rod **5.30-6.00am** Mystery Hunters

+1 hour SKY 233 VIRG 171

Food Network

SKY 248 VIRGIN 291 F'VIEW 41 F'SAT 148

6.00am Barefoot Contessa – Back to Basics **7.00** Anna Olson: Fresh **8.00** Private Chef **9.00** The Pioneer Woman **10.00** Reza, Spice Prince of Thailand NEW EDITIONS **11.00** Forever Summer with Nigella

12.00noon Jamie's 15 Minute Meals: Double bill. **1.00pm** Barefoot Contessa: Double bill. **2.00** Australian Food Adventures **3.00** The Pioneer Woman: Double bill. **4.00** Private Chef NEW EDITIONS **5.00** Ace of Cakes **6.00** Jamie's Great Escape

7.00 Jamie's 15 Minute Meals: Double bill. **8.00** Man v Food **9.00** Jamie's Ministry of Food **10.00** Restaurant: Impossible **11.00** Bizarre Foods America NEW EDITION **12.00m't** Diners, Drive-Ins and Dives **1.00am** Restaurant: Impossible **2.00-3.00am** Jamie's Ministry of Food

+1 hour SKY 250 FSAT 149

Good Food

SKY 133 HD 133/255 VIRG 278 HD 280

6.00am Highlights **9.00** The Great Sport Relief Bake Off (HD) **10.00** World's Best Restaurants (HD) **11.00** MasterChef USA (HD) **12.00noon** Hairy Bikers' Mississippi Adventure (HD)

1.00pm Nigel Slater's Simple Suppers (HD) **1.30** Jamie's 30 Minute Meals (HD) **2.00** The Great Sport Relief Bake Off (HD) **3.00** World's Best Restaurants (HD) **4.00** MasterChef USA (HD) **5.00** Hairy Bikers' Mississippi Adventure (HD) **6.00** Nigel Slater's Simple Suppers (HD) **6.30** Jamie's 30 Minute Meals (HD) **7.00** The Great Sport Relief Bake Off (HD)

8.00 World's Best Restaurants (HD) **9.00** MasterChef USA (HD) **10.00** Hairy Bikers' Mississippi Adventure (HD) **11.00** The Great Sport Relief Bake Off (HD) **12.00m't-6.00am** Highlights

+1 hour SKY 243 VIRG 279

Home

SKY 196 VIRGIN 281 F'VIEW 25

7.00am Homes Under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea **12.00noon** Homes Under the Hammer

1.00pm Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00** Flog It!

7.00 Homes Under the Hammer Properties in Kent, Cornwall and Derbyshire.

8.00 DIY SOS Double bill.

9.00 A Place in the Sun: Home or Away Properties in Bournemouth and Sicily.

10.00 Fantasy Homes by the Sea A property on Dorset's Jurassic coast.

11.00 Escape to the Country **12.00m't** DIY SOS **1.00am** Flog It! **2.00** Homes Under the Hammer **3.00-4.00am** A Place in the Sun: Home or Away

+1 hour SKY 244 VIRG 282

Home & Health

SKY 240 VIRGIN 284

6.00am Deliver Me **7.00** Quints by Surprise **8.00** Deliver Me: Home Edition **9.00** Extreme Couponing **10.00** Cowboy Builders **11.00** Homes Under the Hammer

1.00pm Extreme Couponing **2.00** Cowboy Builders **3.00** Homes Under the Hammer **5.00** Deliver Me **6.00** Deliver Me: Home Edition

7.00 Lottery Changed My Life

8.00 My 600lb Life A woman struggles to make a change.

9.00 My Chin Keeps Growing: Body Bizarre A man with a huge mass on his chin.

10.00 Sex Sent Me to the ER

11.00 I Didn't Know I Was Pregnant **12.00m't** Monsters Inside Me **1.00am** My 600lb Life **2.00** My Chin Keeps Growing: Body Bizarre **3.00** Sex Sent Me to the ER **4.00-6.00am** Homes Under the Hammer: Double bill.

+1 hour SKY 241 VIRG 285

Lifetime

SKY 156 HD 156/236 VIRG 208 HD 209

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00-11.00** Judge Judy (HD) **11.00** Storage Wars (HD)

12.00noon Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD)

7.00 Judge Judy NEW EDITIONS Double bill. (HD)

8.00 Judge Judy (HD)

9.00 My Ghost Story: Caught on Camera (HD)

10.00 The Haunting Of (HD)

11.00 My Haunted House (HD) **12.00m't** My Ghost Story: Caught on Camera (HD) **1.00am** The Haunting Of (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20-6.00am** Hardcore Pawn (HD)

+1 hour SKY 197

Quest

SKY 144 VIRG 172

6.00am The Great Rod Race **6.20** Total Fishing with Matt Hayes: Double bill. **7.10** Scrapheap Challenge **8.00-10.00** How It's Made: Back-to-back editions. **10.00** Wheeler Dealers: On the Road **11.00** Fifth Gear

12.00noon Fast N' Loud **1.00pm** Mighty Ships **2.00** Wheeler Dealers: Double bill. **3.00** Chasing Classic Cars: Double bill. **4.00** Hitler: A Profile **5.00** World War Two: The Complete History **6.00** Bear Grylls: Born Survivor **7.00** Salvage Hunters **9.00** I Am Steve McQueen **10.30** Auction Hunters: A collection of valuable saddles. **11.00** Destroyed in Seconds

12.00m't Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00-6.00am** Scrapheap Challenge

+1 hour SKY 195 VIRG 173 F'VIEW 38

Really

SKY 155 VIRGIN 129 F'VIEW 17 F'SAT 160

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes Under the Hammer

12.00noon DIY SOS: Double bill. **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **400** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes Under the Hammer

7.00 Escape to the Country Double bill of the series.

9.00 Traffic Cops Officers encounter a celebrity with a dubious number plate. **10.00** An undercover motorbike equipped with video cameras.

11.00 Cold Justice **12.00m't** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00-6.00am** The Clothes Show: Triple bill of the series.

Shed

SKY 242 VIRGIN 286

6.00-8.00am Record Breaking Fish: Back-to-back editions. **8.00** Total Fishing with Matt Hayes: Double bill. **9.00** Thinking Tackle: Double bill.

11.00 Mythbusters: Double bill. **1.00-3.00pm** Record Breaking Fish: Back-to-back editions. **3.00** Total Fishing with Matt Hayes: Double bill. **4.00** Thinking Tackle: Double bill. **6.00** Property Wars

7.00 Overhaulin' A man asks the team to revamp his father's Coronet car. **8.00** The team sets to work renovating a 1963 Comet.

9.00 Moonshiners Jeff and Jim Tom risk their lives. **10.00** Sheriff Chuck infiltrates an active operation.

11.00 Manhunt with Joel Lambert **12.00m't** What Happened Next? **1.00am** Destroyed in Seconds **2.00** Thinking Tackle **3.50** Overhaulin' **5.30-6.00am** Supermodels: HMS Fearless

Sony Channel

SKY 157 VIRGIN 193

7.00am 'Til Death **8.00** Soldier, Soldier **10.00** Saving Hope **12.00noon** FILM The Jane Austen Book Club: Romantic drama starring Kathy Baker. (2007, 12, 105min) ★★★

2.05pm Saving Hope **3.05-7.00** Celebrity Ghost Stories: Back-to-back editions.

7.00 Saving Hope (Series 3)

8.00 The Night Shift *Back at the Ranch:* 2/14. TC, Kenny and Paul tend to a woman who was accidentally shot by her husband. (Series 2)

9.00 FILM **The Accidental Husband** Romantic comedy starring Uma Thurman, Colin Firth and Jeffrey Dean Morgan. (2008, 12, 86min) ★

10.45 Younger Double bill.

11.45 The Night Shift **12.45am** Celebrity Ghost Stories **2.45** Sony Movie News Extra **2.55** Celebrity Ghost Stories **3.50-4.00am** Sony Movie News Extra

+1 hour SKY 181

Spike

SKY 160 F'VIEW 31 F'SAT 141

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers

12.00noon Police Interceptors: Double bill. **2.00pm** FILM The Battle at Apache Pass: Western. (1952, U, 85min) ★★ **3.45** Access **4.00** Car Thieves & Thugs: Caught on Camera **5.00** Eddie Stobart: Trucks and Trailers **6.00** Police Interceptors

9.00 Wynonna Earp NEW EPISODE *The Blade:* 4/13. A blade-wielding apparition begins haunting Wynonna.

10.00 The X-Files *Bad Blood:* 12/20. The agents recount a teenager's killing. (Series 5)

11.00 FILM Gran Torino: Drama directed by and starring Clint Eastwood. A bigoted widower is drawn into the lives of his immigrant neighbours. (2008, 15, 116min) ★★★★ **1.20am** Sons of Anarchy **2.45-3.00am** Access

TLC

SKY 125 HD 125/234 VIRG 167 HD 168

6.00am Highlights **12.00noon** Extreme Couponing Special: Midnight Madness (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: The Next Great Baker (HD)

3.00 Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **7.00** Say Yes To The Dress: Since I Said Yes NEW EDITION (HD) **8.00** Say Yes to the Dress Canada NEW EDITIONS (HD) **9.00** NEW SERIES Say Yes To The Dress: UK *See feature, page14* (HD)

9.00 Say Yes To The Dress: UK NEW EDITION (HD) **10.00** Undressed NEW EDITION (HD) **11.00** Sex Sent Me to the ER (HD) **12.00m't** Say Yes to the Dress Canada (HD) **1.00am** Say Yes To The Dress: UK (HD) **2.00-6.00am** Highlights

+1 hour SKY 154 VIRG 169

TruTV

SKY 198 VIRGIN 212 F'VIEW 68 F'SAT 154

6.00-9.00am Psychic Detectives: Back-to-back editions. **9.00am-7.00pm** Passport to Murder: Back-to-back editions.

7.00pm Passport to Murder Reconstructing dream trips that turned into nightmares when holiday-makers crossed the paths of killers.

8.00-11.00 Snapped: Women Who Kill NEW EDITIONS A woman who stabbed her mother to death in 2008. **9.00** A woman who killed her son's babysitter. **10.00** A shooting in a Pennsylvania church in 2008.

11.00 Snapped: Women Who Kill: Double bill. **1.00-2.15am** Psychic Detectives: Triple bill. **2.15** The People's Court **3.00-4.10** Hot Bench: Triple bill. **4.10** Masterminds: Double bill. **5.00-6.00am** Psychic Detectives

+1 hour SKY 271

YourTV

SKY 199 F'VIEW 72 F'SAT 157

9.00am Unusual Suspects: Double bill. **11.00** Crimes of the Rich and Famous

12.00noon-2.00pm Corrupt Crimes: Back-to-back editions. **2.00pm** Crimes of the Rich and Famous: Double bill. **4.00** Deadly Doctors: Celebrity Case Files **5.00** Hollywood and Crime **6.00** Snapped: Killer Couples

7.00-10.00 Snapped: Women Who Kill A woman who shot her husband in 2009. **8.00** Why teacher Nancy Seaman killed her husband. **9.00** The case of Kimberly Renée Poole, whose husband was killed in 1998.

10.00 Snapped: Killer Couples Inspired by a zealous prophet, two lovers set out on a deadly mission to prove their devotion to each other and their bizarre religion.

11.00pm-3.00am Snapped: Killer Couples: Back-to-back editions of the series.

Discovery
SKY 520 HD 520/561 VIRGIN 250 HD 251

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper: Double bill. (HD) **9.00** Fast N' Loud: Double bill. (HD) **11.00** Wheeler Dealers: Double bill. (HD) **1.00pm** Alaskan Bush People Special (HD) **2.00** Gold Rush (HD) **3.00** Bear Grylls: Born Survivor (HD) **4.00** Mythbusters (HD) **5.00** Wheeler Dealers (HD) **6.00** Fast N' Loud: Overhauling a jeep in 24 hours. (HD)

10.00 Auction Hunters...

7.00 Fast N' Loud Richard buys back the first car he and Aaron built together 10 years earlier. (HD)

8.00 Mythbusters Jamie Hyneman tests a myth that a motorcycle travelling at high speed can drive across the surface of a lake. (HD)

9.00 Baggage Battles The auction specialists visit Atlanta, Georgia. (HD) **9.30** A box of old licence plates interests some of the bidders. (HD)

10.00 Auction Hunters: Pawn Shop Edition: Double bill. (HD) **11.00** Fast N' Loud (HD) **12.00m't** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (HD) **3.00** Baggage Battles: Double bill of the series. (HD) **3.50** Auction Hunters: Pawn Shop Edition: Double bill. (HD) **4.40-6.00am** How It's Made: Triple bill. (HD)

+1 hour SKY 521 VIRGIN 252

Animal Planet
SKY 523 HD 523/562 VIRGIN 256 HD 257

6.00am Tanked (HD) **7.00** Insane Pools: Off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo: Double bill. (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: Off the Deep End (HD) **12.00noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix: Double bill. (HD) **3.00** Bondi Vet: Double bill. (HD) **5.00** Animal Cops Detroit **6.00** Flying Wild Alaska (HD)

8.00 Lone Star Law

7.00 Tanked The brothers-in-law team up with a company to build a one-of-a-kind table tank for a Las Vegas trade show. (HD)

8.00 Lone Star Law NEW EDITION The wardens have to relocate a 500lb alligator roaming a suburban area. (HD)

9.00 Pit Bulls & Parolees NEW EDITION Tia surprises everyone with an extraordinary Christmas gift. (HD)

10.00 Alaska: Surviving the Last Frontier: Ordinary people are abandoned in central Alaska. (HD) **11.00** Bondi Vet (HD) **12.00m't** Tanked (HD) **1.00am** Lone Star Law (HD) **2.00** Pit Bulls & Parolees (HD) **3.00** Alaska: Surviving the Last Frontier (HD) **3.50** Deadliest Catch (HD) **4.40** Whale Wars **5.30-6.00am** Animal Airport (HD)

+1 hour SKY 549 VIRGIN 258

Nat Geographic
SKY 526 HD 526/543 VIRGIN 266 HD 268

8.00am Nazi Megastructures **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12.00noon** Wicked Tuna (HD) **1.00** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00pm** Air Crash Investigation: Double bill. (HD) **5.00** Car SOS: A treasured 1954 Citroën Traction Avant. (HD) **6.00** Supercars: A look inside the Tesla Motor factory in California. (HD)

9.00 X: The Generation...

7.00 Air Crash Investigation A report on American Airlines Flight 965, which crashed in the Andes in December 1995.

8.00 The 2000's Biggest Tragedies A look at tragic events of the 2000s, including terrorist attacks, natural disasters and celebrity deaths. (HD)

9.00 X: The Generation that Changed the World NEW EDITION The impact of advances in technology. (HD)

10.00 Banged Up Abroad The story of a man charged with drug offences in Russia. (HD)

11.00 Air Crash Investigation (HD) **12.00m't** Science of Stupid: Double bill. (HD) **1.00am** Underworld, Inc (HD) **2.00-5.00am** Seconds from Disaster: Triple bill. (HD)

+1 hour SKY 527 VIRGIN 267

History
SKY 529 HD 529/545 VIRGIN 270

8.00am Pawn Stars: Double bill. (HD) **9.00** Down East Dickering **NEW EDITION** (HD) **10.00** Shipping Wars: Double bill. (HD) **11.00** Counting Cars: Best of (HD) **12.00noon** Storage Wars: Double bill. (HD) **1.00-3.00pm** Pawn Stars: Back-to-back editions. (HD) **3.00** Mountain Men: Double bill of the series. (HD) **5.00** Pawn Stars (HD) **6.00** American Pickers (HD)

10.00 Car Hunters

7.00 Storage Wars The teams go to auctions in Palm Desert. (HD) **7.30** Jarrod and Brandi hope for more good luck in San Diego. (HD)

8.00 Fifth Gear Jonny Smith takes part in an unusual challenge at the Ascari Circuit in Spain. (HD)

9.00 Counting Cars NEW EDITION Experts remodel unusual vehicles. (HD) **9.30** A team of car experts remodel unusual vehicles. (HD)

10.00 Car Hunters **NEW EDITIONS** Double bill of the series. (HD) **11.00** Forged in Fire (HD) **12.00m't** Counting Cars: Double bill. (HD) **1.00am** Car Hunters: Double bill of the series. (HD) **2.00** Storage Wars: Double bill of the series. (HD) **3.00** Pawn Stars: Double bill of the series. (HD) **4.00-5.00am** American Pickers (HD)

+1 hour SKY 530 VIRGIN 271

Yesterday
SKY 537 VIRGIN 245 F'VIEW 19 F'SAT 159

6.00am Great British Ghosts **6.25** Impossible Engineering **7.10** Great British Railway Journeys **8.00** The World at War **9.00** Monarchy by David Starkey **10.00** Museum Secrets **11.00** Impossible Engineering **12.00noon** Great British Railway Journeys **1.00pm** The World at War **2.00** Monarchy by David Starkey **3.00** Museum Secrets **4.00** Impossible Engineering **5.00** Great British Railway Journeys **6.00** The World at War

8.35 Keeping Up...

7.00 Monarchy by David Starkey The historian examines the reign of Charles II.

8.00 'Allo 'Allo! Leclerc and Rene plot to blow up Lt Gruber's bedroom. **8.35 Keeping Up Appearances** Hyacinth plans a candlelit supper to impress Emmet with her singing talents. **9.15** Hyacinth is invited on a golfing weekend organised by the Major. **9.55 Jeeves and Wooster** *Return to New York*: Bertie returns to New York in the hope of avoiding Aunt Agatha, Roderick Spode and Madeline Bassett.

11.05 Jeeves and Wooster **12.10am** Sounds of the Seventies: Double bill. **1.10** Museum Secrets **2.10-3.00am** The World at War

+1 hour SKY 538 VIRGIN 246

Eden
SKY 532 HD 532/563 VIRGIN 247 HD 249

9.00am Life in the Undergrowth **10.00** Uranium: Twisting the Dragon's Tail (HD) **11.00** Wild Colombia with Nigel Marven (HD) **12.00noon** Wild Britain with Ray Mears (HD) **1.00pm** Biggest & Baddest (HD) **2.00** Ganges (HD) **3.00** Life in the Undergrowth **4.00** Uranium: Twisting the Dragon's Tail (HD) **5.00** Wild Colombia with Nigel Marven (HD) **6.00** Wild Britain with Ray Mears (HD)

9.00 Life in the...

7.00 Biggest & Baddest Niall McCann joins a team of rangers to capture crocodiles in Uganda. (HD)

8.00 Ganges The final leg of the river's journey sees it join the Brahmaputra, creating the world's largest delta. (HD)

9.00 Life in the Undergrowth David Attenborough explores how insects compensate for their small size by collaborating.

10.00 Metamorphosis (HD) **11.00** Extreme Fishing with Robson Green **12.00m't** Wild Colombia with Nigel Marven (HD) **1.00am** Wild Britain with Ray Mears (HD) **2.00** Biggest & Baddest (HD) **3.00** Ganges (HD) **3.45** Life in the Undergrowth **4.35** Metamorphosis (HD) **5.25-6.00am** World's Wildest City: Manaus (HD)

+1 hour SKY 533 VIRGIN 248

Friday 7 PM 8 PM 9 PM 10 PM

Disc. History
SKY 535 VIRG 262

6.00am Showdown: Air Combat **7.00** More Industrial Revelations: Double bill. **8.00** Battlefield Mysteries **10.00** Battlefield **12.00noon** Hitler's Generals **1.00pm** Battlefield Mysteries **3.00** More Industrial Revelations: Double bill. **4.00** Seven Ages of Britain **5.00** Hitler's Generals **6.00** Greatest Tank Battles **7.00** Treasure Quest **8.00** War Digs with Harry Harris **9.00** Al Murray's Road to Berlin: Double bill. **10.00** Day After D-Day **11.00** Hitler's Generals **12.00m't** Battlefield **2.00am** Treasure Quest **3.00** More Industrial Revelations **4.00-6.00am** Battlefield Mysteries: Double bill.

+1 hour SKY 536 VIRG 263

Disc. Science
SKY 525 VIRG 259

6.00am Super Structures: Double bill. **8.00** Rory McGrath's Best of British Engineering **9.00-11.00** Food Factory USA **11.00** How It's Made **12.00noon** How Do They Do It? **1.00pm** Alien Encounters **2.00** Extreme Engineering **3.00** Salvage Squad **4.00** Scrapheap Challenge **5.00-7.00** How Do They Do It? **7.00** Food Factory USA: Double bill. **8.00** How Do They Do It? Double bill. **9.00** World's Top 5 **10.00pm-12.00m't** How It's Made **12.00m't** Nasa's Unexplained Files **1.00am** Finding Bigfoot **2.00** Ghost Asylum **3.00** Mythbusters **3.50** How It's Made **4.40** How Stuff's Made **5.30-6.00am** Breaking Magic

+1 hour SKY 557 VIRG 260

Nat Geo Wild
SKY 528 HD 528/544 VIRGIN 264 HD 265

8.00am Everything You Didn't Know About Animals (HD) **9.00** Caught in the Act (HD) **10.00** Elephant Queen (HD) **11.00** Soul of the Elephant (HD) **12.00noon** Wild India (HD) **1.00pm** Wild Mozambique (HD) **2.00** India's Elephant Mountain (HD) **3.00** Healing Africa's Elephants (HD) **4.00** Secrets of the Desert Elephants (HD) **5.00** Soul of the Elephant (HD) **6.00** Elephant Queen (HD) **7.00** Little Giant (HD) **8.00** Mind of a Giant (HD) **9.00** Gardeners of Eden (HD) **10.00** Soul of the Elephant (HD) **11.00** Little Giant (HD) **12.00m't** Mind of a Giant (HD) **1.00am** Gardeners of Eden (HD) **2.00** Wild India (HD) **3.00** Wild Mozambique (HD) **4.00-5.00am** India's Elephant Mountain (HD)

Turbo
SKY 524 VIRG 261

6.00am Fast N' Loud **7.00** Misfit Garage **8.00** What's My Car Worth? **9.00** Wheeler Dealers **10.00** Chasing Classic Cars **11.00** Salvage Squad **12.00noon** Fifth Gear **1.00pm** What's My Car Worth? Double bill. **2.00** Bitchin' Rides **3.00** Fast N' Loud: Double bill. **5.00** Fifth Gear **6.00** Wheeler Dealers: Double bill. **8.00** What's My Car Worth? Double bill of the series. **9.00** Fat N' Furious: Rolling Thunder **10.00** Wheeler Dealers **11.00** How It's Made: Dream Cars: Double bill. **12.00m't** What's My Car Worth? Double bill. **1.00am** Chasing Classic Cars: Double bill. **2.00** Extreme Car Hoarders **3.00** Overhaulin' **4.40** Extreme Car Hoarders **5.30-6.00am** Wheeler Dealers

PBS America
SKY 534 VIRG 276 FREESAT 156

6.00am Fracking: Shattered Ground **6.55** Secrets of the Manor House **7.50** Destination Burma **9.05** Secrets of the Manor House **10.20** Children of Giant **11.30** Custer's Last Stand **1.55pm** Time Team America **3.05** Destination Burma **4.20** Children of Giant **5.25** Time Team America **6.35** Destination Burma **7.55** Time Team America **9.00 NEW** The Boys of '36: The US men's coxed rowing eight that won gold at the Berlin Olympics. **10.15** Grand Central **11.20** Time Team America **12.25am** The Boys of '36 **1.40** Grand Central **2.35** Secrets of the Manor House **3.35** Destination Burma **4.35** Secrets of the Manor House **5.35-6.00am** Hell on Hooves

CI
SKY 553 HD 553/555 VIRG 275

6.00am Motives & Murders (HD) **7.00** Homicide Hunter (HD) **8.00** The First 48 (HD) **9.00am-1.00pm** Homicide Hunter: Back-to-back editions. (HD) **1.00pm** Unusual Suspects (HD) **2.00** On the Case with Paula Zahn (HD) **3.00** Homicide Hunter (HD) **4.00-8.00** Unusual Suspects: Back-to-back editions. (HD) **8.00** On the Case with Paula Zahn (HD) **9.00** Crimes That Shook Britain **10.00** The Hillside Stranglers **11.00** The First 48 **NEW EDITION** (HD) **12.00m't** Ms Homicide (HD) **1.00am** The Hillside Stranglers **2.00** Unusual Suspects (HD) **3.00** Mobsters (HD) **4.00** Teleshopping **5.00-6.00am** Homicide Hunter (HD)

+1 hour SKY 554

H2
SKY 531 VIRG 273

8.00am 10 Things You Don't Know About **9.00** Dogfights **10.00** Combat Trains **11.00** Defenders of the Sky **12.00noon** 10 Things You Don't Know About **1.00pm** Dogfights **2.00** Combat Trains **3.00** Mud Men **4.00** A History of Britain by Simon Schama **5.00** Weapons at War **6.00** Combat Trains **7.00 In Search of Aliens** **8.00 10 Things You Don't Know About** Surprising facts about Texas. **9.00 How the States Got Their Shapes** Double bill. **10.00 Ancient Aliens** **11.00** 1,000 Ways to Die **12.00m't** The Universe: Ancient Mysteries Solved **1.00am** How the States Got Their Shapes **2.00** Ancient Aliens **3.00** In Search of Aliens **4.00-5.00am** The Universe: Ancient Mysteries Solved

FRIDAY Films

Friday

Sky Premiere
SKY 301 HD 301/314 VIRGIN 401 HD 431

6.00am 4 Minute Mile 7.40 Infini 9.40 The Good Dinosaur 11.15 Sixteen 12.45pm 4 Minute Mile Drama. (S) (2015, 12, 96min) ★★★
2.30 PREMIERE Pan As 8.00pm.
4.30 The Perfect Guy As 10.00pm.
6.15 The Good Dinosaur Pixar animated adventure with the voice of Raymond Ochoa. A young dinosaur befriends a primitive human boy as he makes his way back to his family. (S) (2015, PG, 97min) ★★★★

8.00 Pan

8 PM **8.00 PREMIERE Pan** Fantasy prequel to *Peter Pan* starring Levi Miller and Hugh Jackman. An orphan is transported to a magical land and goes in search of the truth about his mother. (S) (2015, PG, 111min) ★★★ *See review, page 21*
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.00 The Perfect Guy** Thriller starring Sanaa Lathan. (S) (2015, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM
11.45 Infini Sci-fi thriller with Luke Hemsworth. (2015, 15, 106min) ★★
1.45am Sixteen British urban thriller. (2013, 15, 80min) ★★
3.15 Northwest Crime drama. (2013, 15, 89min) ★★★
5.00 Ghostbusters: Special
5.30-6.00am Star Trek Beyond: Special Behind the scenes.

+1 hour SKY 302 VIRGIN 402

Sky Disney
SKY 305 HD 305/332 VIRGIN 405 HD 435

6.50am Stitch! The Movie 8.00 Cinderella 9.50 Cars 2 11.40 Confessions of a Teenage Drama Queen 1.15pm The Little Mermaid As shown at 6.30pm. **2.45 Cars 2** Animated comedy adventure sequel. (S) (2011, U, 112min) ★★★
4.40 Cinderella Classic romantic fantasy. (S) (2014, U, 107min) ★★★★ **6.30 The Little Mermaid** Disney animated musical fairy tale. (S) (1989, U, 87min) ★★★★★

4.40 Cinderella

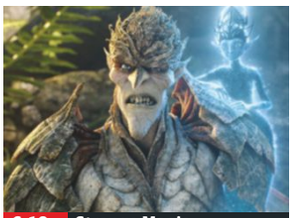
8.00 McFarland, USA Fact-based drama starring Kevin Costner. A former American football coach takes a job at an underprivileged school and leads an athletics team to glory. (S) (2015, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Oliver & Company Animated Disney version of *Oliver Twist* featuring cats and dogs as Dickens' characters. (S) (1988, U, 72min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 The Last Flight of Noah's Ark Adventure. (1980, U, 97min) ★★★
1.25am Return from Witch Mountain Disney fantasy adventure. (S) (1978, U, 94min) ★★★
3.10 Tinker Bell and the Legend of the NeverBeast Animated fantasy. (S) (2014, U, 76min) ★★★
4.40-7.00am McFarland, USA Drama, as shown at 8.00pm.

Sky Family
SKY 306 HD 306/333 VIRGIN 406 HD 436

6.00am Daddy Day Care 7.35 Annie 9.45 Paul Blart: Mall Cop 2 11.25 Strange Magic 1.10pm The Nut Job As 8.00pm. **3.00 Garfield: A Tail of Two Kitties** As shown at 9.30pm.
4.30 Paul Blart: Mall Cop 2 Comedy sequel starring Kevin James and Raini Rodriguez. (S) (2015, PG, 92min) ★★ **6.10 Strange Magic** Animated fantasy musical, with the voice of Evan Rachel Wood. (S) (2015, U, 97min) ★★★


6.10 Strange Magic

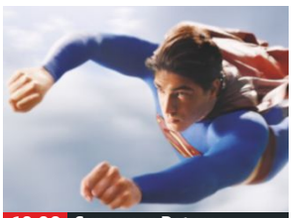
8.00 The Nut Job Animated comedy with the voice of Will Arnett. A squirrel plans to break into a nut shop and gather enough food to sustain him through the winter. (S) (2014, U, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Garfield: A Tail of Two Kitties Live-action comedy sequel starring Jennifer Love Hewitt and featuring a computer-generated Garfield the cat, voiced by Bill Murray. (S) (2006, U, 78min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 The Rocketeer Fantasy. (S) (1991, PG, 108min) ★★★★
1.10am Daddy Day Care Comedy. (S) (2003, PG, 92min) ★★★
2.45 Annie Adaptation of the stage musical. (S) (1982, U, 128min) ★★
4.55-6.25am Doctor Dolittle Family comedy remake with Eddie Murphy. (S) (1998, PG, 85min) ★★★

Sky Action/Adventure
SKY 307 HD 307/334 VIRGIN 407 HD 437

7.10am The Dukes of Hazzard 9.10 The Lord of the Rings: The Fellowship of the Ring 12.20pm Mad Max: Fury Road As 8.00pm. **2.35 Gone in Sixty Seconds** Action thriller. (S) (2000, 15, 117min) ★★★
4.50 The Lord of the Rings: The Fellowship of the Ring Epic fantasy adventure based on the novel by JRR Tolkien, starring Elijah Wood, Ian McKellen and Viggo Mortensen. (S) (2001, PG, 178min) ★★★★★


10.00 Superman Returns

8.00 Mad Max: Fury Road Sci-fi thriller sequel starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. (S) (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Superman Returns Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a five-year absence, Superman returns and finds old foe Lex Luthor is cooking up more trouble. With James Marsden. (S) (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35am Enemy of the State Conspiracy thriller with Will Smith. (1998, 15, 127min) ★★★★
2.50 Swordfish Action thriller. (2001, 15, 99min) ★★
4.30-6.40am Maverick Comedy. (S) (1994, PG, 127min) ★★★

Sky Comedy
SKY 308 HD 308/335 VIRGIN 408 HD 438

6.55am King Ralph 8.40 Analyze This 10.30 Analyze That 12.15pm Walk Hard: The Dewey Cox Story As shown at 8.00pm. **2.00 The Bad Education Movie** As shown at 9.45pm. **3.45 The Top Ten Show 2016** The latest box office hits.
4.00 In Her Shoes Bittersweet comedy drama. (S) (2005, 12, 130min) ★★ **6.15 Dodgeball: A True Underdog Story** Comedy. (2004, 12, 92min) ★★★★

8.00 Walk Hard: The Dewey...

8.00 Walk Hard: The Dewey Cox Story Spoof musical biopic starring John C Reilly as a dirt poor Alabama boy who becomes a Johnny Cash-style singing star. With Jenna Fischer. (2007, 15, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Bad Education Movie Comedy starring Jack Whitehall and Harry Enfield. An incompetent teacher leads his class on a school trip to Cornwall, which lands them in trouble with the locals. (S) (2015, 15, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 Top Five Comedy with Chris Rock. (S) (2014, 15, 102min) ★★★★
1.15am Mr Deeds Comedy. (S) (2002, 12, 96min) ★★
3.00 Superfast! Comedy with Alex Ashbaugh. (S) (2014, 12, 105min) ★
4.45-6.40am A Shot in the Dark Inspector Clouseau comedy. (1964, PG, 98min) ★★★

Sky Hits
SKY 303 HD 303/330 VIRGIN 403 HD 433

6.05am Harry Potter and the Deathly Hallows: Part I 8.35 Harry Potter and the Deathly Hallows: Part II 10.50 Jurassic World 12.55pm Harry Potter and the Half-Blood Prince
3.30 Harry Potter and the Deathly Hallows: Part I 6.00 Harry Potter and the Deathly Hallows: Part II Fantasy. (S) (2011, 12) ★★★★★

8.15 Jurassic World Sci-fi. (S) (2015, 12, 124min) ★★★★
10.25 Fury World War Two drama starring Brad Pitt. (S) (2014, 15, 131min) ★★★
12.45am Kill the Messenger Fact-based drama. (S) (2014, 15, 108min) ★★★
2.45 And So It Goes Romantic comedy drama with Michael Douglas and Diane Keaton. (S) (2014, 12, 90min) ★★★
4.30 Kingsman: The Secret Service Special
5.00-6.00am Lego DC Comics Super Heroes: Justice League vs Bizarro League Animated adventure. (2015, U, 49min) ★★★

Sky Spies
SKY 304 HD 304/331 VIRGIN 404 HD 434

6.00am The Hunt for Red October 8.15 Spy Kids 3: Game Over 9.55 Charlie's Angels: Full Throttle
11.45 American Ultra 1.35pm The Man from U.N.C.L.E As 9.00pm. **3.35 Spy Kids 3: Game Over** Sci-fi comedy. (S) (2003, U, 84min) ★★★ **5.15 Charlie's Angels: Full Throttle** Action comedy. (S) (2003, 12, 106min) ★

7.10 American Ultra Action comedy with Jesse Eisenberg. (S) (2015, 15, 96min) ★★★
9.00 The Man from U.N.C.L.E Spy adventure starring Henry Cavill and Armie Hammer. (S) (2015, 12, 112min) ★★★★
11.00 Marathon Man Thriller. (1976, 18, 126min) ★★★★★
1.15am Three Days of the Condor Conspiracy thriller. (S) (1975, 15, 118min) ★★★★
3.20 The Hunt for Red October Cold War suspense thriller set on a nuclear-powered submarine. (S) (1990, PG, 135min) ★★★★
5.45-6.00am The Top Ten Show 2016 Box office hits.

TCM
SKY 317 HD 317/341 VIRGIN 415 HD 416

8.10am Kung Fu 10.15 Across the Rio Grande 11.20 Riding Shotgun 12.50pm Kung Fu
3.00 Sugarfoot Western. (1951, U, 80min) ★★ **4.30 Darby's Rangers** World War Two action adventure. (1958, b/w, PG, 120min) ★★★ **6.55 The Private Lives of Elizabeth and Essex** Classic historical drama. (1939, U, 100min) ★★★

9.00 Mad Max Cult action thriller set in a desolate near future, starring Mel Gibson. With Joanne Samuel. (1979, 18, 93min) ★★★★★
10.50 Exit Wounds Action thriller starring Steven Seagal. (2001, 18, 97min) ★
12.50am 24 Hour Party People Fact-based drama. (2002, 18, 113min) ★★★★
3.00 Conspiracy Theory with Jesse Ventura Double bill.
5.00-7.00am The Private Lives of Elizabeth and Essex Classic historical drama. (1939, U, 100min) ★★★

+1 hour SKY 318 VIRGIN 417

Movie Mix
F'VIEW 32

9.00am Black Beauty: The Legend Continues 10.50 Sony Movie News Extra 11.00 Touching Wild Horses
1.00pm Bite the Bullet 3.50 Sony Movie News Extra 4.00 Silverado Western. (1985, PG, 132min) ★★★ **6.45 Sony Movie News Extra 6.55 Man of the House** Action comedy. (2005, 12, 100min) ★★★

9.00 A Good Man Action thriller starring Steven Seagal. (2014, 15, 99min) ★★
11.05 Pistol Whipped Action thriller starring Steven Seagal. A former cop is offered an escape from his debts when a stranger approaches him with an offer he can't refuse. With Lance Henriksen. (2007, 15, 96min) ★★★
1.10am Puncture Wounds Action adventure. (2014, 15, 93min) ★★
3.05 Sony Movie News Extra
3.15 The Net 2.0 Thriller. (2006, 15, 95min) ★★
5.05-6.00am Highway to Heaven Fantasy drama.

Horror
SKY 319 VIRGIN 149 F'VIEW 70 F'SAT 138

8.00am Highlander 9.00 Tales from the Darkside 10.00 Sherlock Holmes: Case of the Whitechapel Vampire 11.50 Highlights
12.00noon The War of the Worlds 1.00pm At the Earth's Core 2.50 Highlights 3.00 The Incredible Hulk 4.00 Stonehenge Apocalypse 5.50 Horror Highlights 6.00 Highlander

7.00 Tales from the Darkside Horror anthology series.
8.00 The War of the Worlds 14/20. A reporter acquires evidence of the Morthren.
9.00 Outlander Sci-fi adventure starring Jim Caviezel and Sophia Myles. (2008, 15, 115min) ★★★
11.20 Splinter Horror thriller. (2008, 18, 82min) ★★★
12.55am Open Graves Horror thriller set in northern Spain. (2009, 18, 88min) ★★
2.45-4.30am Curse of the Crimson Altar Witchcraft horror. (1968, 15, 87min) ★★

+1 hour SKY 320 VIRGIN 202

True Movies
SKY 321 VIRGIN 424 F'VIEW 82 F'SAT 302

7.00am A Nightmare Come True 9.00 Before He Wakes 11.00 The Forget-Me-Not Murders 1.00pm The Calendar Girl Murders Thriller. (1984, 15, 104min) ★★ **3.00 Visions of Terror** Crime drama with Barbara Eden. (1994, PG, 88min) ★
5.00 With Savage Intent Thriller with Howard Rollins. (1992, 15, 93min) ★★

7.00 Video Voyeur: The Susan Wilson Story Drama based on a true story, starring Angie Harmon and Dale Midkiff. (2002, 12, 87min) ★★
9.00 The Disappearing Act Fact-based drama starring Patty Duke and Kelly Rowan. (1997, 15, 87min) ★★
11.00 Till Death Us Do Part Thriller starring Treat Williams. (1991, 15, 94min) ★★
1.00am The Waltons
3.00 Little House on the Prairie Double bill.
5.00-7.00am Miracle of the Heart Romantic family drama with Neil Patrick Harris. (2005, U, 96min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Crime/Thriller

SKY 309 HD 309/336 VIRGIN 409 HD 439

7.05am Kidnapping Freddy Heineken 8.55 Pawn 10.35 Montana 12.35pm Valkyrie As 9.00pm. **2.40 Solace** As 1.00am.
4.40 A Few Good Men Courtroom drama starring Tom Cruise, Jack Nicholson and Demi Moore. (S) (1992, 15, 132min) ★★★★ **7.00 Collateral** Director Michael Mann's thriller starring Tom Cruise, Jamie Foxx and Jada Pinkett Smith. (S) (2004, 15, 120min) ★★★★

9.00 Valkyrie

Collateral (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

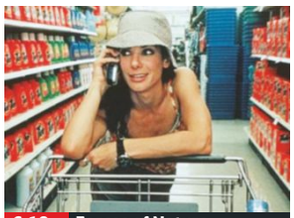
9.00 Valkyrie Wartime thriller based on the failed plot to assassinate Adolf Hitler on 20 July 1944 led by disillusioned German army colonel Claus von Stauffenberg. Stars Tom Cruise and Kenneth Branagh. (2008, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 The Captive Thriller. (S) (2014, 15, 112min) ★★
1.00am Solace Crime thriller. (S) (2015, 15, 99min) ★★★
2.50 American History X Controversial race-hate drama. (S) (1998, 18, 114min) ★★★★
4.50-4.50am Angel Flight Down Fact-based adventure. (S) (1996, PG, 88min) ★★

Sky Drama/Romance

SKY 310 HD 310/337 VIRGIN 410 HD 440

7.00am Steel Magnolias 9.05 Just One Day 10.55 Edward Scissorhands 12.55pm Notting Hill As 8.00pm. **3.05 Boyhood** Drama. (S) (2014, 15, 166min) ★★★★★
5.55 The Top Ten Show 2016 6.10 Forces of Nature Romantic comedy starring Sandra Bullock and Ben Affleck. A mismatched couple encounter a series of mishaps as they travel across America. (S) (1999, 12, 105min) ★★★



6.10 Forces of Nature

8.00 Notting Hill Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans. (S) (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Fifty Shades of Grey Erotic drama based on EL James' bestseller, starring Jamie Dornan, Dakota Johnson and Marcia Gay Harden. (S) (2015, 18, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20am Ali Biopic with Will Smith. (S) (2001, 15, 159min) ★★★★
3.00 Urban Cowboy Romantic drama. (S) (1980, 15, 135min) ★★★
5.20-8.20am Fiddler on the Roof Hit musical starring Topol. (1971, U, 180min) ★★★★

Sky Sci-Fi/Horror

SKY 311 HD 311/339 VIRGIN 411 HD 441

6.00am Anaconda 7.35 Close Encounters of the Third Kind 10.00 Predestination 11.45 Ex Machina 1.45pm Crimson Peak As shown at 9.00pm. **3.45 The Gallows** As shown at 11.05pm.
5.15 Predestination Sci-fi thriller with Ethan Hawke and Sarah Snook. (S) (2014, 15, 95min) ★★★★ **7.00 Ex Machina** Sci-fi starring Domhnall Gleeson, Alicia Vikander and Oscar Isaac. (S) (2015, 15, 106min) ★★★★

7.00 Ex Machina

Ex Machina (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

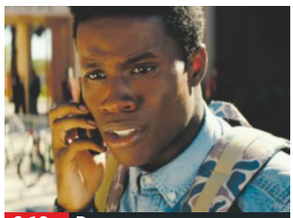
9.00 Crimson Peak Guillermo del Toro's gothic horror, starring Mia Wasikowska. An aspiring writer uncovers terrifying secrets in her husband's haunted ancestral home. (S) (2015, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 The Gallows Horror with Reese Mishler. (2015, 15, 81min) ★
12.35am Anaconda Jungle adventure. (S) (1997, 15, 89min) ★★★
2.10 No One Lives Horror with Luke Evans. (S) (2012, 18, 86min) ★★
3.40-6.00am Close Encounters of the Third Kind Sci-fi classic. (S) (1977, PG, 135min) ★★★★★

Sky Select

SKY 312 HD 312/340 VIRGIN 412 HD 442

6.00am Blackhat 8.20 Cool Hand Luke 10.30 Wall Street 12.40pm A Bridge Too Far Richard Attenborough's fact-based war epic. (1977, 15, 175min) ★★★ **3.40 Inherent Vice** Comedy drama starring Joaquin Phoenix, Josh Brolin and Reese Witherspoon. (S) (2014, 15, 150min) ★★★★
6.10 Dope Crime comedy starring Shameik Moore and Tony Revolori. (S) (2015, 15, 101min) ★★★



6.10 Dope

8.00 Wall Street Oliver Stone's business drama starring Charlie Sheen, Michael Douglas and Martin Sheen. An ambitious young broker becomes the protégé of a ruthless corporate raider. With Daryl Hannah. (S) (1987, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Blackhat Crime drama starring Chris Hemsworth. (S) (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25am Training Day Police thriller. (S) (2001, 18, 121min) ★★★
2.30 Thunderbolt and Lightfoot Offbeat crime thriller with Clint Eastwood. (1974, 18, 115min) ★★★
4.30-4.30am March of the Penguins Oscar-winning nature documentary. (S) (2005, U, 80min) ★★★★★

Film4

SKY 315 HD 315/342 VIRGIN 428 HD 429 F'VIEW 15 F'SAT 300

■ (HD) denotes HD on Sky or Virgin
■ Films start at 11.00am

11.00am Doctor in Clover 1.05pm Stuart Little Children's fantasy. (S) (1999, U, 84min) ★★★★★ **2.40 Letters to Juliet** Romantic comedy. (S) (2010, PG, 105min) ★
4.45 The School of Rock Comedy. (S) (2003, PG, 109min) ★★★ **6.55 The Adjustment Bureau** Romantic sci-fi. (S) (2011, 12, 105min) ★★★★

11.05 The Big Lebowski

The Adjustment Bureau (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Paul Sci-fi comedy starring Simon Pegg and Nick Frost. A couple of sci-fi fans go on a tour of America's UFO hotspots and pick up an alien hitchhiker. (S) (2011, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 The Big Lebowski Comedy thriller from the Coen brothers. (S) (1998, 18, 117min) ★★★★
1.25-3.50am Kingpin Crude comedy. (S) (1996, 12, 114min) ★★★

+1 hour SKY 316 VIRGIN 430 F'VIEW 45 F'SAT 301

Friday 8 PM 9 PM 10 PM 11 PM

Sony Movies

SKY 323

9.00am Stuart Little 3: Call of the Wild 10.40 Buck and the Preacher 12.50pm The Wind and the Lion Adventure. (1975, PG, 119min) ★★★★ **3.15 There's a Girl in My Soup** Comedy. (1970, 15, 95min) ★★★
5.05 Roxanne Romantic comedy starring Steve Martin and Daryl Hannah. (1987, PG, 102min) ★★★★
7.10 Collision Course Action thriller starring Tia Carrere. (2012, PG, 90min) ★★
9.00 Cop Land Crime thriller starring Sylvester Stallone as a small-town sheriff who comes to realise the extent of local police corruption. (1997, 15, 105min) ★★★
11.05 Ca$h Thriller with Sean Bean. (2010, 15, 108min) ★★
1.20am Single White Female Thriller with Bridget Fonda. (1992, 18, 107min) ★★★
3.35-5.45am Revolution Hugh Hudson's epic drama. (1985, PG, 123min) ★

+1 hour SKY 324

Movies 24

SKY 327 VIRGIN 419

7.00am Playing Father 9.00 Romantically Speaking 11.00 My Boyfriends' Dogs
1.00pm Harvest Moon Romantic drama. (2015, PG, 120min) ★★ **3.00 When Sparks Fly** Drama. (2014, PG, 86min) ★★ **5.00 Fairfield Road** Romantic drama starring Jesse Metcalfe and Natalie Lisinska. (2010, PG, 89min) ★★★
7.00 Touched Sentimental drama starring Doris Roberts. An author diagnosed with cancer learns to find joy in life with the help of her nurse. (2014, PG, 120min) ★★
9.00 The Music In Me Romance with Debbie Gibson. (2015, 12, 120min) ★★
11.00 Mom and Dad Undergrads Drama starring Kristy Swanson. (2014, PG, 120min) ★★
1.00am The Hot Flashes Sporting comedy. (2013, 15, 99min) ★★★
3.00-5.00am All Things Valentine Romantic comedy. (2016, PG, 83min) ★★

Movies4Men

SKY 325 F'VIEW 48 F'SAT 304

6.00am Pacific Destiny 8.00 A Dangerous Profession 9.35 Julius Caesar 12.20pm 1914: The Invasion of Belgium 1.25 1914-1918
3.15 Farewell to the King Wartime adventure. (1988, 12, 117min) ★★★ **5.30 When Heroes Die** War drama. (1970, 15, 90min) **6.55 Tracker** Action drama. (2010, 12, 101min) ★★★
9.00 USS Seaviper Wartime adventure with Tim Large, Jeremy King and Steve Roth. Important information about the enemy is discovered by a US submarine crew during a rescue mission in 1944. (2012, 15, 88min) ★★
10.50 Deserter War drama starring Paul Fox and Tom Hardy. A heartbroken young man runs away to join the French Foreign Legion. (2002, 15, 90min) ★★★
12.45am The Triple Echo World War Two tragedy. (1972, 15, 100min) ★
2.35-4.00am Containment Sci-fi. (2015, 15, 77min) ★★

FILMS SHOWN ON OTHER CHANNELS TONIGHT

EVENING (6-10pm)

8.00pm X-Men *Syfy* Comic-book fantasy adventure starring Patrick Stewart, Hugh Jackman and Ian McKellen. ★★★
9.00pm The Matrix Reloaded *ITV2* Sci-fi action thriller sequel starring Keanu Reeves and Carrie-Anne Moss. (HD) ★★★
9.00pm Another 48 Hrs *ITV4* Action thriller comedy sequel starring Nick Nolte. (HD) ★
9.00pm The Five-Year Engagement *E4* Romantic comedy starring Jason Segel and Emily Blunt. (HD) ★★★
9.00pm Parker *5STAR* Thriller starring Jason Statham and Jennifer Lopez. ★★★
9.00pm The Accidental Husband *SonyTV* Romantic comedy starring Uma Thurman, Colin Firth and Jeffrey Dean Morgan. ★

10pm TILL LATE

10.40pm A Fish Called Wanda *ITV (NI: 11.15pm)* Comedy starring John Cleese and Jamie Lee Curtis. (HD) ★★★★
11.00pm Space Cowboys *ITV4* Sci-fi action adventure with Clint Eastwood. (HD) ★★★
11.00pm Gran Torino *Spike* Drama directed by and starring Clint Eastwood. ★★★★
11.10pm Flying Blind *BBC2* Romantic drama starring Helen McCrory. (HD) ★★
12.35am Scott Pilgrim vs. the World *Channel 4* Quirky comic-book comedy directed by Edgar Wright. (HD) ★★★★
1.40am Monty Python Live at the Hollywood Bowl *GOLD* Comedy. ★★★

(S) Subtitles (SL) Signing

Friday

Sky Sports 1
SKY 401 HD 401/409 VIRGIN 511 HD 501

6.00am Football Gold (HD) **7.00** WWE Main Event (HD) **8.00** EFL Cup Highlights (HD) **9.00** Premier League Years **11.00** Great Sporting Moments (HD) **11.30** Premier League Match Pack **12.00noon** Premier League World (HD) **12.30pm** EFL Cup Highlights (HD) **1.30** Football Gold **2.00** Premier League World (HD) **2.30** Premier League Match Pack **3.00** Premier League Years (HD)

5.00 Premier League World (HD) **5.30** Premier League Preview (HD) **6.00** The Fantasy Football Club (HD) **7.00 LIVE** EFL: Brighton & Hove Albion v Nottingham Forest: Kick-off is at 7.45. (HD) **10.15** More Than a Game (HD) **10.45** The Fantasy Football Club (HD) **11.45** Premier League Preview (HD)

12.15am More Than a Game (HD) **12.45** Premier League Preview (HD) **1.15** Super League Super 8s (HD) **1.30** Great Sporting Moments (HD) **2.00** Super League Super 8s (HD) **2.15** Super League Gold (HD) **2.30** Premier League Preview (HD) **3.00** The Fantasy Football Club (HD) **4.00-6.00am** Premier League Years (HD)

Sky Sports 2
SKY 402 HD 402/435 VIRGIN 512 HD 502

6.00am Cricket Classics **7.00** Cricket's Greatest (HD) **8.30** Test Cricket (HD) **9.30** Test Cricket: The Verdict (HD)

10.30 LIVE Test Cricket England v Pakistan: All the action from day two of the series-concluding fourth Test, which comes from the Oval. (HD)

7.00pm Super League Gold A look back at the 2001 Grand Final, which saw Bradford Bulls and Wigan Warriors meet at Old Trafford. (HD)

7.15 Super League Super 8s Top-flight rugby league action from the Super 8s stage. (HD)

7.30 LIVE Super League Super 8s St Helens v Catalan Dragons: Kick-off is at 8.00. (HD)

10.30 Test Cricket England v Pakistan: Action from day two of the series-concluding fourth Test, which comes from the Oval. (HD)

11.30 Test Cricket: The Verdict England v Pakistan: A review of day two. (HD)

12.30am Cricket's Greatest (HD) **2.00** Test Cricket: As shown at 10.30pm. (HD) **3.00** Test Cricket: The Verdict: As shown at 11.30pm. (HD) **4.00-6.00am** The Ashes: England's Best Days (HD)

Sky Sports 3
SKY 403 HD 403/436 VIRGIN 513 HD 503

6.00am Darts Gold (HD) **7.00** Sky Sports Boxing Gold (HD) **8.00** Motorsport Mundial (HD) **8.30** The World Rugby Show (HD) **9.00** Fishing: Hooked on Africa **9.30** ATP Tour Uncovered (HD) **10.00** Sporting Heroes: Gary Newbon Interviews Martin Johnson (HD)

11.00 Racing News (HD) **11.30** ATP Tour Uncovered (HD) **12.00noon** Time of Our Lives (HD) **1.00pm** Fishing: Hooked on Africa **1.30** The World Rugby Show (HD) **2.00** Sky Sports Boxing Gold (HD) **2.30** ATP Tour Uncovered (HD)

2.55 LIVE Test Cricket West Indies v India: Coverage of the fourth day of the third Test in St Lucia. (HD)

10.30 Watersports World (HD)

11.30 The World Rugby Show (HD) **12.00m't** Racemax (HD) **12.30am** Sports Unlimited (HD) **1.30** Watersports World (HD) **2.30** The World Rugby Show (HD) **3.00** Fishing: Hooked on Africa **3.30** ATP Tour Uncovered (HD) **4.00** Legends of Darts (HD) **5.00-6.00am** Sporting Heroes: Gary Newbon Interviews Stephen Hendry (HD)

Sky Sports 4
SKY 404 HD 404/439 VIRGIN 514 HD 504

6.00am Shell's Wonderful World of Golf **7.30** Sporting Greats **8.00** PGA Tour Golf (HD)

11.00 US Senior Open Golf Highlights of round one of the Major from Scioto Country Club in Ohio (HD)

3.00pm PGA Tour Classic The 1995 staging of The Tradition at the Cochise Golf Course in Scottsdale, Arizona.

4.00 Shell's Wonderful World of Golf A chance to see the 1998 contest between Justin Leonard and Davis Love III at Winged Foot Golf Club in New York.

5.30 ATP Tour Uncovered (HD)

6.00 LIVE US Senior Open Golf Coverage of the second day of the Major from Scioto Country Club in Ohio, where America's Jeff Maggert is the defending champion. (HD)

10.00 LIVE PGA Tour Golf The John Deere Classic: Action from the second day's play at TPC Deere Run in Silvis, Illinois, where Jordan Spieth is the defending champion. (HD)

1.00am Sporting Greats (HD) **1.30** Shell's Wonderful World of Golf **3.00-6.00am** PGA Tour Golf (HD)

Sky Sports 5
SKY 405 HD 405/440 VIRGIN 515 HD 505

6.00am Football's Greatest Players **9.00** Major League Soccer (HD) **11.00** Football's Greatest Players

12.30pm MLS Round-Up Show Highlights. (HD)

1.00-3.00 Football's Greatest Players Back-to-back editions.

3.00-4.00 Spanish Football Gold

4.00 WWE – Raw (HD)

6.00 Football's Greatest Players Ronaldinho.

6.30 Football's Greatest Players The career of Alfredo di Stefano.

7.00 Football's Greatest Players The career of Marco van Basten.

7.30 Football's Greatest Players Paolo Maldini.

8.00 Test Cricket England v Pakistan: Action from day two of the fourth Test at The Oval. (HD)

9.00 Test Cricket: The Verdict England v Pakistan. (HD)

10.00 WWE – Late Night – Smackdown (HD)

12.00m't WWE Main Event (HD) **1.00am** Spanish Football Gold (HD) **2.00** MLS Round-Up Show (HD) **2.30** Football's Greatest Players **4.30** MLS Round-Up Show (HD) **5.00-6.00am** Spanish Football Gold (HD)

Eurosport 1
SKY 410 HD 410/412 VIRGIN 523 HD 521

7.20am Going for Gold (HD) **7.25** Triathlon (HD) **7.55** Going for Gold (HD) **8.00** Cycling: Arctic Race of Norway (HD) **9.00** The Voxwomen Cycling Show (HD) **9.30** ATP Tennis (HD) **11.00** Cycling: Arctic Race of Norway (HD)

12.00noon LIVE Arctic Race of Norway Coverage of stage two, a 198.5km journey from Mo I Rana to Sandnessjoen. (HD)

5.00pm Triathlon

5.30 The Voxwomen Cycling Show (HD)

6.00 Cycling: Arctic Race of Norway (HD)

7.00 Going for Gold (HD)

7.15 Eurosport News

7.20 MCE British Superbikes (HD)

8.20 Eurosport News

8.25 Going for Gold (HD)

8.30 Triathlon The inaugural Swansea City Centre Triathlon.

9.00 Cycling: Arctic Race of Norway Action from stage two. (HD)

10.30 Cycling: Track World Championship A review of the event. (HD)

12.00m't Cycling: Arctic Race of Norway (HD) **12.45am** Eurosport News **12.55-1.00am** Going for Gold (HD)

Eurosport 2
SKY 411 HD 411/443 VIRGIN 524 HD 522

7.30am WATTS (HD) **8.30** Cycling: Arctic Race of Norway (HD) **10.30** Snooker: Welsh Open: Neil Robertson v Ronnie O'Sullivan: Highlights of the 2016 final from the Motorpoint Arena in Cardiff. (HD)

12.30pm Cycling: Paris-Roubaix Action from France. (HD)

1.55 Eurosport News

2.00 French Open Tennis Highlights. (HD)

3.00 ATP Tennis The quarter-finals of the Los Cabos Open. (HD)

5.00 ATP Tennis The quarter-finals of the Los Cabos Open. (HD)

7.00 US Open Tennis Novak Djokovic v Roger Federer: The 2015 men's singles final from Flushing Meadows. (HD)

8.00 Cycling: Arctic Race of Norway Action from stage two. (HD)

9.00 ATP Tennis The quarter-finals of the Los Cabos Open. (HD)

10.00 ATP Tennis The quarter-finals of the Los Cabos Open. (HD)

11.00 Eurosport News

11.05 Going for Gold (HD)

11.15 Football's Greatest (HD) **12.15am** Going for Gold (HD) **12.20** Best of Bikes (HD) **12.30-5.15am** Eurosport News

BT Sport 1
SKY 413 HD 413/427 VIRGIN 531 HD 527

6.00-9.30am Classic Premier League: Back-to-back editions. (HD) **9.30** Toyota AFL Highlights Show (HD) **10.30 LIVE** AFL: Western Bulldogs v Collingwood. (HD) **1.30pm** French Ligue 1 Preview (HD)

2.00 Jordan Rides the Bus (HD)

3.00 ADAC GT Masters Highlights (HD)

4.00 Last Week, This Week Recent action. (HD)

4.15 Ligue 1: Season Review (HD)

5.15 Global Goals (HD)

6.15 French Ligue 1 Preview (HD)

6.45 LIVE French Ligue 1 Bastia v Paris Saint-Germain. Kick-off is at 7.00. (HD)

9.00 Premier League Preview (HD)

9.30 Last Week, This Week Recent action. (HD)

9.45 Global Goals (HD)

10.15pm-1.45am Classic Premier League (HD) **1.45am** Last Week, This Week (HD) **2.00 LIVE** Premier Boxing Champions: Miguel Flores v Ryan Kielczweski. (HD) **4.00** Premier League Preview (HD) **4.30** Last Week, This Week (HD) **5.00-6.00am** European Football Show Highlights (HD)

BT Sport 2
SKY 417 HD 417/457 VIRGIN 532 HD 528

6.00am Gillette World Sport (HD) **6.30** Last Week, This Week (HD) **6.45** ADAC GT Masters Highlights (HD) **7.45** MotoGP Rewind (HD) **8.00 LIVE** MotoGP Austria: FP1: The opening free practice session of the Grand Prix of Austria. (HD)

10.45 LIVE MotoGP Austria: Further coverage. (HD) **12.00noon LIVE** MotoGP Austria: FP2: The second free practice session of the Grand Prix of Austria. (HD)

3.00pm Betfred Cup (HD)

6.00 Indoor Bowls: Premier 3s Finals A look back at the quarter-finals. (HD)

7.00 Premier League Preview (HD)

7.30 LIVE Bundesliga 2 Fortuna Dusseldorf v VfB Stuttgart: Coverage of the match at ESPRIT arena. Kick-off is at 7.30. (HD)

9.30 Bundesliga Clubs: Season Preview (HD)

11.00 Rand University

12.00m't UFC – Ultimate Insider (HD) **12.30am** UFC: Beyond the Octagon (HD) **1.00** Betfred Cup (HD) **2.30** Gillette World Sport (HD) **3.00** AFL (HD) **5.00-8.00am LIVE** AFL: Hawthorn v North Melbourne. (HD)

BT Sport/ESPN
SKY 426 HD 426/458 VIRGIN 534 HD 530

6.00am Pardon the Interruption (HD) **6.30** Around the Horn (HD) **7.00** Pardon the Interruption (HD) **7.30** Around the Horn (HD) **8.00** College Football Live (HD) **8.30** MLB (HD) **11.30** Around the Horn (HD)

12.00noon ESPN FC (HD)

12.30pm Pardon the Interruption (HD)

1.00 CFL (HD)

3.30 MLB Boston Red Sox v New York Yankees. (HD)

6.30 ESPN FC (HD)

7.00 Last Week, This Week As 10.15pm. (HD)

7.15 LIVE MLB Chicago Cubs v St Louis Cardinals: Coverage of the clash from Wrigley Field. Start-time is at 7.20. (HD)

10.15 Last Week, This Week Highlights from last week on BT Sport. (HD)

10.30 Gillette World Sport A round-up of sport from around the globe. (HD)

11.00 MLB's Best (HD)

11.30 College Football Live The latest news. (HD)

12.00m't Last Week, This Week (HD) **12.30am LIVE** CFL: Toronto Argonauts v Winnipeg Blue Bombers: Kick-off is at 12.30. (HD) **3.30-6.30am** MLB (HD)

BT Sport 3
SKY 414 HD 414/433 VIRGIN 533 HD 529

6.00am Ligue 1 – Games of the Season (HD) **10.00** Ligue 1: Season Review (HD) **11.00** French Ligue 1 Preview (HD) **11.30** Gillette World Sport (HD)

12.00noon USA Game of the Week (HD)

2.00pm UK Angling Championship (HD)

3.00 Premier League World (HD)

3.30 Bundesliga Special A series profiling each Bundesliga club. (HD)

5.00 Premier League World The latest Premier League news. (HD)

5.30 Norwich City v Manchester United Norwich City v Manchester United. (HD)

7.00 AFL Western Bulldogs v Collingwood. (HD)

9.00 Gillette World Sport A comprehensive round-up of sport from around the globe. (HD)

9.30 GC32 Racing Tour Sailing – Highlights (HD)

10.00 ADAC GT Masters Highlights (HD)

11.00 UK Angling Championship (HD)

12.00m't French Ligue 1 (HD) **1.30am** Bundesliga 2 (HD) **3.00-6.00am** USA Game of the Week (HD)

Sky Sports F1
SKY 407 HD 407/451 VIRGIN 518 HD 508

6.00am-12.00noon The Home of Formula One

12.00noon Formula 1 The 2016 Hungarian Grand Prix. (HD)

1.00pm Ted's Notebook A look at the Hungarian Grand Prix. (HD)

1.15 GP2 Racing The 2016 Hungarian Grand Prix feature race. (HD)

2.45 GP3 Racing Race one of the 2016 Hungarian Grand Prix. (HD)

3.45 GP2 Racing The 2016 Hungarian Grand Prix sprint race. (HD)

5.00 GP3 Racing Race two of the 2016 Hungarian Grand Prix. (HD)

6.00 Architects of F1 A profile of Jo Ramirez. (HD)

7.00 Legends of F1 With Nigel Mansell. (HD)

8.00 Architects of F1 Flavio Briatore. (HD)

9.00 F1 Classic Races A look back at the 1989 Japanese Grand Prix. (HD)

10.30 Inside McLaren 2016 The team's preparations for the new season. (HD)

10.45 GP2 Racing The 2016 British Grand Prix feature race. (HD)

12.15am GP2 Racing (HD) **1.30-6.00am** The Home of Formula One

TODAY AT THE OLYMPICS

RED BUTTON 1 12.55pm Archery Coverage from Sambodromo. **2.50 Beach Volleyball** Coverage from Beach Volleyball Arena. **3.50 Football** Coverage of a women's quarter-final from Brazil. **7.05 Athletics** Coverage of the men's 20km race walk from Pontal. **9.00 Boxing** Coverage from Riocentro. **12.15-3.30am Athletics** Coverage from Rio.

RED BUTTON 2 2.50pm Hockey New Zealand v Netherlands: The women's Group A match. **4.50 Sailing** Coverage from Marina da Gloria. **9.05 Volleyball** Netherlands v Puerto Rico: Coverage of the women's competition at Maracanazinho. **12.25am Badminton** Coverage from Riocentro. **3.00-4.55 Beach Volleyball** Coverage from Beach Volleyball Arena.

RED BUTTON 3 2.55pm Boxing Coverage from Riocentro. **6.05 Basketball** Coverage from Rio. **8.00 Judo** Coverage from Carioca Arena 2. **10.50 Basketball** USA v Serbia: Coverage of the men's Group A match. **1.55-3.35am Swimming** Coverage from Olympic Aquatics Stadium.

RED BUTTON 4 11.55am Badminton Coverage from Riocentro. **7.25pm Diving** From Maria Lenk Aquatics Centre. **10.55 Weightlifting** Coverage from Riocentro. **1.40-3.25am Handball** South Korea v France: The women's event.

RED BUTTON 5 1.55pm Dressage Coverage from National Equestrian Centre. **8.55 Fencing** Coverage from Carioca Arena 3. **11.55 Handball** Coverage from Future Arena. **2.20-4.20am Basketball** France v Venezuela: Coverage of the men's Group A match.

RED BUTTON 6 1.55pm Judo Coverage from Carioca Arena 2. **6.55 Archery** Coverage from Sambodromo. **9.00 Tennis** Coverage from Olympic Tennis Centre. **12.20am Volleyball** Russia v Japan, and Brazil v South Korea: The women's competition.

RED BUTTON 7 11.25am Golf The second round of the men's event from Olympic Golf Course. **8.30pm Handball** Montenegro v Norway: Coverage of the women's match from Future Arena. **11.25pm-3.25am Table Tennis** From Riocentro.

RED BUTTON 8 7.50pm Football Coverage of a women's quarter-final from Brazil. **10.50 Football** Coverage of a women's quarter-final from Brazil. **1.50-4.05am Football** Coverage from Brazil.

LIVE SPORT ON OTHER CHANNELS TODAY

1.15pm LIVE Raceday *At The Races* Coverage of today's meetings at Newcastle and Tramore.

1.30pm LIVE Racing *Racing UK* Coverage of today's meetings at Nottingham and Newbury.

5.00pm LIVE Evening Racing *Racing UK* From Newmarket and Catterick.

9.00pm LIVE Stateside *At The Races* Coverage from the United States.

2.00am LIVE Australian Racing *At The Races* A meeting Down Under.

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Kids' Weekly TV Guide

CBBC

SKY 613 HD613/633 | VIRG 701 HD710 | F'VIEW 120 HD 123 | F'SAT 607 HD 600

Matilda and the Ramsay Bunch

SATURDAY **7.00am** Arthur **7.10** Zig and Zag **7.25** Strange Hill High **7.45** MOTD Kickabout **NEW EDITION** **8.05** Just Kidding **8.25** Copycats **NEW EDITION** **8.55** Newsround **9.00** Twin It To Win It **9.10** Matilda and the Ramsay Bunch **9.30** Ultimate Brain **NEW EDITION** **10.00** Taking the Next Step **10.30** The Dog Ate My Homework **11.00** How to Be Epic @ Everything **11.15** Hank Zipzer **12.05pm** Help! My Mini School Trip Is Magic **12.10** Newsround **12.15** Harriet's Army **12.45** 4 O'Clock Club **1.15** So Awkward **1.40** Newsround **1.50** Absolute Genius **2.15** My Life **2.45** How to Be Epic @ Everything **3.00** Taking the Next Step **4.55** Bottersnikes & Gumbles **6.00** Deadly Pole to Pole **6.30** Ultimate Brain **7.00** Marrying Mum and Dad **7.30** Taking the Next Step **8.00** Secret Life of Boys **8.20** Help! My Mini School Trip Is Magic **8.25-9.00pm** The Dog Ate My Homework

SUNDAY As Saturday except: **7.00am** Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.35** Strange Hill High **8.00** CineMinis **8.15** HH: Gory Games Play Along **8.45** Nine Minute Ninja **NEW EPISODE** **9.00-9.30** Blue Peter **10.00** Newsround **10.05** Matilda and the Ramsay Bunch **10.25** The Next Step **10.50** Lost & Found Music Studios **11.10** Taking the Next Step **11.40am-12.10pm** Our School **12.15pm** The Dengineers **12.45** Operation Ouch! **1.15-1.40** Horrible Histories **1.50** 12 Again **2.20-2.45** My Life **4.55** Bottersnikes & Gumbles **NEW EPISODE** **5.50** Shrek: The Pig Who Cried Werewolf **6.00-6.30** Copycats **7.00** Hetty Feather **7.30** Eve **8.00** Deadly 60 **8.25-9.00pm** My Life

MONDAY **7.00am** Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** Newsround **8.25** Diddy TV **8.45** Odd Squad **NEW EDITION** **9.00** Hacker Time **NEW EPISODE** **9.30** Just Kidding **NEW EDITION** **9.50** Help! My Mini School Trip Is Magic **10.00** Airmageddon **10.30** So Awkward **11.55** Matilda and the Ramsay Bunch **12.10pm** The Next Step **12.35** Operation Ouch! **1.30** Hacker Time **2.00** Airmageddon **2.30** Wild & Weird **2.45** Officially Amazing **3.00** Odd Squad **3.10** Dennis the Menace **3.20** Sidekick **3.35** Endangered Species **3.45** Bottersnikes & Gumbles **4.00** Just Kidding **4.20** Newsround **4.30** Taking the Next Step **NEW EDITION** **5.00** Operation Ouch! **5.30** The Dumping Ground **6.00** **NEW SERIES** Hacker's Olympic Rundown **6.05** Bottersnikes & Gumbles **NEW EPISODE** **6.20** The Deep **6.45** Danger Mouse **NEW EPISODE** **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** The Next Step **8.25-9.00pm** The Dumping Ground

TUESDAY As Mon except: **4.30pm** Hetty Feather **NEW EPISODE** **5.00-5.30pm** Rocket's Island

WEDNESDAY As Mon except: **4.30pm** 4 O'Clock Files **5.00-5.30pm** Show Me What You're Made Of

THURSDAY As Mon except: **7.15am** Zig and Zag **7.30-7.40am** Blue Peter Bite **NEW EDITION** **4.30pm** Hank Zipzer **NEW EPISODE** **5.00-5.30** Blue Peter **NEW EDITION**

FRIDAY As Mon except: **10.30am** So Awkward **11.00-11.55am** CBBC @ The Ten Pieces Prom **4.30pm** 4 O'Clock Club **5.00** Matilda and the Ramsay Bunch **NEW EDITION** **5.15** Secret Life of Boys **5.40-6.00pm** Class Dismissed

CBEEBIES

SKY 614 HD614/624 | VIRG 702 HD711 | F'VIEW 121 HD 124 | F'SAT 608 HD 601

Tree Fu Tom

SATURDAY **6.00am** Waybuloo **6.10** Big Barn Farm **6.25** Mr Bloom **6.35** Raa Raa **6.50** Postman Pat **7.05** Q Pootle 5 **7.15** Dinopaws **7.25** Hey Duggee **7.35** Boj **7.45** Chuggington **7.55** Kate & Mim-Mim **8.05** Octonauts **8.20** Mike the Knight **8.30** Peter Rabbit **8.45** Rastamouse **8.55** Sarah & Duck **9.00** Something Special **9.20** Hey Duggee **9.30** The Let's Go Club **NEW EPISODE** **9.55** Topsy and Tim **10.15** Jamillah and Aladdin **10.35** Tree Fu Tom **11.00** Swashbuckle **NEW EPISODE** **11.25** Gigglebiz **11.40** Kerwhizz **12.00noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Grandpa **12.45** Melody **1.00** My Story **1.15** Messy Goes to Okido **1.25** Charlie and Lola **1.40** Let's Play **2.00** Something Special **2.20** Hey Duggee **2.30** Our Family **2.40** Footy Pups **2.55** Topsy and Tim **3.15** Jamillah and Aladdin **3.30** Tree Fu Tom **4.00** Justin's House **4.25** Andy's Wild Adventures **4.40** Kerwhizz **5.00** Swashbuckle **5.25** Down on the Farm **5.40** Old Jack's Boat – Rockpool Tales **5.55** Small Potatoes **6.00** Charlie and Lola **6.10** Waybuloo **6.20** In the Night Garden **6.50-7.00pm** Story

SUNDAY As Saturday except: **9.30-9.55am** Timmy's Seaside Rescue **3.30pm** Tree Fu Tom **3.55-4.00** Dipdap **5.25** The Let's Go Club **5.45-5.55** Salty's Waggy Tales **6.00** Clangers **6.10-6.20pm** Abney & Teal

MONDAY **6.00am** ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** The Furchester Hotel **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** Time for School **9.10** Bing **9.25** Wussywat **9.30** Teletubbies **9.45** Something Special **10.05** Patchwork Pals **10.10** Show Me Show Me **10.30** Woolly & Tig **10.35** Get Well Soon **10.50** Ruff-Ruff, Tweet and Dave **11.05** The Lingo Show **11.15** Alphablocks **11.20** Magic Hands **11.25** Get Squiggling! **11.40** Waybuloo **12.00noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Old Jack's Boat **12.45** Melody **1.00** Time for School **1.10** Bing **1.25** Wussywat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** The Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa **4.05** Boj **4.15** What's the Big Idea? **4.20** Kazoops **4.30** Nina and the Neurons **4.45** Peter Rabbit **5.00** Tree Fu Tom **NEW EPISODE** **5.25** Go Jetters **5.35** Gigglebiz **5.50** Nelly & Nora **NEW EPISODE** **6.00** Clangers **6.10** Abney & Teal **6.20** In the Night Garden **6.50-7.00pm** Story

TUESDAY As Mon except: **5.00pm** The Let's Go Club **5.15-5.25pm** Sarah & Duck

WEDNESDAY As Mon except: **5.00-5.25pm** Octonauts Special

THURSDAY As Mon except: **5.00-5.25pm** Boj Special: Adventure Camp

FRIDAY As Mon except: **5.00-5.25pm** Justin's House **6.00pm** Charlie and Lola **6.10-6.20pm** Waybuloo

NICK JR

SKY 615 | VIRGIN 715

SATURDAY **6.00am** Peppa Pig **6.15** The Day Henry Met **6.20** Peppa Pig **6.30** Ben and Holly's Little Kingdom **6.45** Peppa Pig **7.15** Alvinnn!!! and the Chipmunks **7.30** Wallykazam! **8.00** Paw Patrol **8.30** Digby Dragon **9.00** The Fresh Beat Band of Spies **9.30** Alvinnn!!! and the Chipmunks **10.00** Paw Patrol **11.00** The Fresh Beat Band of Spies **11.30** Alvinnn!!! and the Chipmunks **12.00noon** Blaze and the Monster Machines **12.30pm** Paw Patrol **1.00** Shimmer and Shine **2.00** Wallykazam! **2.30** Paw Patrol **3.30** Ben and Holly's Little Kingdom **4.00** Peppa Pig **4.15** Ben and Holly's Little Kingdom **4.30** Digby Dragon **5.00** Paw Patrol **6.00** The Fresh Beat Band of Spies **6.30** Blaze and the Monster Machines **7.00** Digby Dragon **7.30** Shimmer and Shine **8.00** Blaze and the Monster Machines **8.30** Ben and Holly's Little Kingdom **9.00** Peppa Pig **9.45** The Day Henry Met **9.50** Peppa Pig **10.00** Ben and Holly's Little Kingdom **10.30** Peppa Pig **11.00** Alvinnn!!! and the Chipmunks **11.30** Paw Patrol **12.00m't** Digby Dragon **12.25am** Fresh Beat Band of Spies **12.50** Alvinnn!!! and the Chipmunks **1.20** Paw Patrol **3.10** Blaze and the Monster Machines **3.40** Dora and Friends: Into the City **4.00** Alvinnn!!! and the Chipmunks **4.30** Ben and Holly's Little Kingdom **5.00** Paw Patrol **5.30-6.00am** Wallykazam!

SUNDAY As Saturday except: **4.00-4.30am** Shimmer and Shine

MONDAY **6.00am** Peppa Pig **6.15** The Day Henry Met **6.20** Peppa Pig **6.30** Ben and Holly's Little Kingdom **6.45** Peppa Pig **7.15** Alvinnn!!! and the Chipmunks **7.30** Ben and Holly's Little Kingdom **7.45** Paw Patrol **8.30** Shimmer and Shine **9.00** Ben and Holly's Little Kingdom **9.30** Blaze and the Monster Machines **10.30** Paw Patrol **11.30** Alvinnn!!! and the Chipmunks **12.00noon** Blaze and the Monster Machines **12.30pm** Paw Patrol **1.00** Dora and Friends: Into the City **1.30** Shimmer and Shine **2.00** Wallykazam! **2.30** Paw Patrol **3.30** Ben and Holly's Little Kingdom **4.00** Peppa Pig **4.15** Ben and Holly's Little Kingdom **4.30** Digby Dragon **5.00** Blaze and the Monster Machines **6.00** Paw Patrol **6.30** The Fresh Beat Band of Spies **7.00** Digby Dragon **7.30** Shimmer and Shine **8.00** Blaze and the Monster Machines **8.30** Ben and Holly's Little Kingdom **9.00** Peppa Pig **9.45** The Day Henry Met **9.50** Peppa Pig **10.00** Ben and Holly's Little Kingdom **10.30** Peppa Pig **11.00** Ben and Holly's Little Kingdom **11.15** Paw Patrol **12.00m't** Shimmer and Shine **12.25am** Ben and Holly's Little Kingdom **12.50** Wallykazam! **1.20** Blaze and the Monster Machines **2.10** Paw Patrol **3.05** Blaze and the Monster Machines **3.35** Wallykazam! **4.00** Dora and Friends: Into the City **4.30** Ben and Holly's Little Kingdom **5.00** Paw Patrol **5.30-6.00am** Wallykazam!

TUESDAY & THURSDAY As Mon except: **2.10am** Paw Patrol **2.35-3.05** Alvinnn!!! and the Chipmunks **3.35** Wallykazam! **4.05-4.30am** Dora and Friends: Into the City

WEDNESDAY As Mon except: **2.10am** Paw Patrol **2.35-3.05am** Alvinnn!!! and the Chipmunks

FRIDAY As Mon except: **7.30pm** **FILM** Barbie as Rapunzel **9.05** The Day Henry Met **9.15-9.45pm** Peppa Pig **2.10am** Paw Patrol **2.35-3.05am** Alvinnn!!! and the Chipmunks

+1 hour SKY 630

CITV

SKY 621 | VIRGIN 734 | F'VIEW 122 | F'SAT 602

SATURDAY **6.00am** Fort Boyard Ultimate Challenge **6.25** Pat & Stan **6.35** Dino Dan **6.55** Signed Stories: Share a Story **7.00** Sooty **7.15** Super 4 **7.35** Thunderbirds Are Go **8.00** Ninjago: Rise of the Snakes **8.25** Almost Naked Animals **11.55** City Shorts **12.00noon** Pokémon: XYZ **NEW EPISODE** **12.30pm** Deadtime Stories **1.00** My Phone Genie **1.30** Fort Boyard Ultimate Challenge **2.30** My Parents Are Aliens **2.50** Oddbods **3.00** Horrid Henry **4.05** What's New Scooby-Doo? **4.55** Nerds & Monsters **5.30** Almost Naked Animals **6.00** Pokémon: XYZ **6.25** Oddbods **6.30** Deadtime Stories **7.00** Horrid Henry **7.30** My Phone Genie **8.00** Fort Boyard Ultimate Challenge **8.55-9.00pm** Signed Stories: Share a Story

SUNDAY As Saturday except: **12.00noon** Max Steel **12.30pm** Deadtime Stories **12.55-1.00** Oddbods **4.55** What's New Scooby-Doo? **5.20-5.30** Oddbods **6.00-6.25pm** Max Steel

MONDAY & TUESDAY **6.00am** Monsuno **6.20** Signed Stories: Share a Story **6.30** Dino Dan **7.15** Oddbods **7.25** Grizzly Tales for Gruesome Kids **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds Are Go **9.25** Oddbods **9.30** What's New Scooby-Doo? **NEW EPISODE** **10.00** Mr Bean: The Animated Series **11.00** Horrid Henry **12.00noon** Nerds & Monsters **12.30pm** Looped **1.00** Mr Bean: The Animated Series **2.00** Horrid Henry **3.00** Thunderbirds Are Go **3.30** What's New Scooby-Doo? **3.55** My Parents Are Aliens **5.05** Fort Boyard Ultimate Challenge **6.00** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds Are Go **8.55-9.00pm** Signed Stories: Share a Story

WEDNESDAY As Mon except: **6.30am** Dino Dan **6.45-7.15am** Dino Dan: Trek's Adventures

THURSDAY & FRIDAY As Mon except: **6.30-7.15am** Dino Dan: Trek's Adventures: Dinosaur adventures.

CARTOON NET

SKY 601 HD 601/634 | VIRGIN 704 HD 732

Teen Titans Go!

SATURDAY & SUNDAY **6.00am** Transformers: Robots in Disguise **6.30** Teen Titans Go! **7.00** NinjaGo: Masters of Spinjitzu **7.30** Yo-Kai Watch **NEW EPISODE** **8.00** Adventure Time **8.30** Regular Show **9.00** We Bare Bears **9.15** The Powerpuff Girls **9.30** World of Gumball **10.00** NinjaGo **10.30** Nexo Knights **11.00** World of Gumball **4.00pm** Clarence **4.30** Regular Show **5.00** Adventure Time **5.30** World of Gumball **6.00** We Bare Bears **6.15** The Powerpuff Girls **6.30** Nexo Knights **7.30** Teen Titans Go! **8.00** Adventure Time **8.30** World of Gumball **9.00** Uncle Grandpa **9.30** Clarence **10.00** World of Gumball **11.00** Robotboy **11.30** Batman **12.00m't** Cartoons **1.55am** Chop Socky Chooks **3.05** Robotboy **4.05** Skatoony **4.25-6.00am** World of Gumball

MONDAY-FRIDAY **6.00am** Teen Titans Go! **6.30** NinjaGo: Masters of Spinjitzu **7.00** World of Gumball **7.15** The Powerpuff Girls **7.30** We Bare Bears **7.45** Regular Show **8.00** Teen Titans Go! **NEW EPISODE** **8.30** Nexo Knights **9.00** Adventure Time **10.00** World of Gumball **11.00** Regular Show **12.00noon** Nexo Knights **12.30pm** Teen Titans Go! **1.00** The Powerpuff Girls **2.00** Adventure Time **3.00** World of Gumball **4.00** We Bare Bears **4.30** Regular Show **5.00** Adventure Time **5.30** World of Gumball **6.00** We Bare Bears **6.15** The Powerpuff Girls **6.30** Teen Titans Go! **7.00** Nexo Knights **7.30** Regular Show **8.00** We Bare Bears **8.15** The Powerpuff Girls **8.30** Adventure Time **8.45** World of Gumball **9.00** Uncle Grandpa **9.30** Clarence **10.00** World of Gumball **11.00** Robotboy **11.30** Batman **12.00m't** Cartoons **1.55am** Chop Socky Chooks **3.05** Robotboy **4.05** Skatoony **4.25-6.00am** World of Gumball

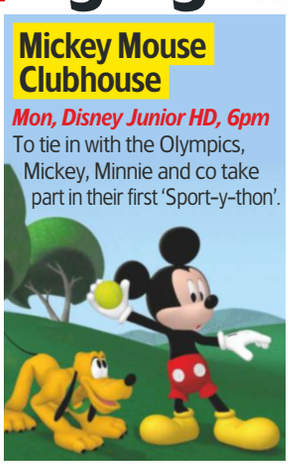
+1 hour SKY 602 VIRGIN 705

Highlights

Mickey Mouse Clubhouse

Mon, Disney Junior HD, 6pm

To tie in with the Olympics, Mickey, Minnie and co take part in their first 'Sport-y-thon'.



The Other Kingdom

Mon, Nickelodeon HD, 6.30pm

In an otherworldly drama, Princess Astral decides to leave her fairy kingdom to see what life is like at a human high school.

Please note: CITV is only available on Freeview from 6am - 6pm

NICKELODEON

SKY 604 HD 604/632 | VIRGIN 712 HD 714

A Fairly Odd Summer

SATURDAY

6.00am iCarly **6.30** 100 Things To Do Before High School **7.30** Sam & Cat **8.00** Nicky, Ricky, Dicky & Dawn **8.30** The Thundermans **9.00** Henry Danger **9.30** 100 Things To Do Before High School **10.00** iCarly **11.30** The Thundermans **12.00noon** Victorious **12.30pm** Henry Danger **1.00** Sam & Cat **1.30** Game Shakers **2.00** iCarly **2.30** Thundermans **4.00** 100 Things To Do Before High School **4.30** Bella **5.00** Game Shakers **5.30** The Thundermans **6.00** Victorious **6.30** Sam & Cat **7.00** See Dad Run **7.30** Instant Mom **8.00** Hollywood Heights **9.00** The Middle **9.30** Gigantic **10.00** iCarly **12.00m't** Shopping **3.00am** Renford Rejects **3.30** Summer in Transylvania **4.00** Genie in the House **4.30** House of Anubis **5.00-6.00am** Life with Boys

SUNDAY As Saturday except:

6.30-7.30am The Thundermans **10.00-11.30am** One Crazy Cruise **7.30pm** Instant Mom **8.00** Gigantic **8.30** WITS Academy **9.00** Alien Surf Girls **9.30-10.00pm** Drake & Josh

MONDAY

6.00am iCarly **6.30** Victorious **7.00** Talia in the Kitchen **7.30** Henry Danger **8.00** The Thundermans **8.30** Henry Danger **9.00** Bella **9.30** Sam & Cat **10.00** Game Shakers **11.00** iCarly **12.00noon** Henry Danger **12.30pm** Sam & Cat **1.00** Game Shakers **1.30** iCarly **2.00** The Thundermans **2.30** Victorious **4.00** Henry Danger **4.30** The Thundermans **5.30** Game Shakers **6.00** Bella **6.30** **NEW SERIES** The Other Kingdom **7.00** See Dad Run **7.30** Instant Mom **8.00** True Jackson, VP **8.30** Neighbours **9.00** The Middle **10.00** The Other Kingdom **10.30** The Thundermans **11.00** Game Shakers **11.30** Bella **12.00m't** Teleshopping **3.00am** Renford Rejects **3.30** Summer in Transylvania **4.00** Genie in the House **4.30** House of Anubis **5.00-6.00am** Life with Boys

TUESDAY As Mon except:

7.30-8.00am The Other Kingdom **10.00am** **FILM** Jinxed: Fantasy comedy. **11.30am-12.00noon** The Thundermans **2.30-4.00pm** iCarly

WEDNESDAY As Mon except:

7.30-8.00am The Other Kingdom **10.00am** Henry Danger **11.00am-12.00noon** Sam & Cat

THURSDAY As Mon except:

7.30-8.00am The Other Kingdom **10.00am** **FILM** A Fairly Odd Summer **11.30am-12.00noon** The Thundermans **9.00pm** The Middle **9.30-10.00pm** Gigantic

FRIDAY As Mon except:

7.30-8.00am The Other Kingdom **10.00-11.00am** iCarly **8.00-8.30pm** Gigantic **9.00-10.00pm** Hollywood Heights **NEW EPISODE**

+1 hour SKY 605 VIRGIN 713

BOOMERANG

SKY 603 HD 603/636 | VIRGIN 730

SATURDAY

6.00am Mr Bean: The Animated Series **6.30** Bunnicula **7.00** Wabbit **7.30** The Tom & Jerry Show **8.00** Be Cool, Scooby-Doo! **8.30** **FILM** Scooby-Doo! Knight Time Terror **9.00** **FILM** Scooby-Doo and the Samurai Sword **10.30** Scooby-Doo, Where Are You! **11.00** Scooby-Doo! Mystery Incorporated **11.30** What's New Scooby-Doo? **12.00noon** Be Cool, Scooby-Doo! **12.30pm** The New Scooby-Doo Movies **1.30** Scooby-Doo, Where Are You! **2.00** What's New Scooby-Doo? **2.30** Be Cool, Scooby-Doo! **3.00** **FILM** Scooby-Doo! And The Beach Beastie **3.30** Scooby-Doo! Mystery Incorporated **4.00** What's New Scooby-Doo? **4.30** Be Cool, Scooby-Doo! **5.00** **FILM** Scooby-Doo! Camp Scare **6.30** Scooby-Doo, Where Are You! **7.00** Tom & Jerry **8.00** Bugs and Daffy **9.00** Chowder **10.00** LazyTown **11.00** The Garfield Show **12.00m't** LazyTown **12.50am** The Garfield Show **2.00** LazyTown **3.10** The Garfield Show **4.10** LazyTown **5.00-6.00am** Garfield Show

SUNDAY As Saturday except:

8.30am **FILM** Scooby-Doo! Haunted Holidays **9.00-10.30am** **FILM** Scooby-Doo! Legend of the Phantosaur **3.00-3.30pm** **FILM** Scooby-Doo! Knight Time Terror **5.00-6.30pm** **FILM** Scooby-Doo! Mask of the Blue Falcon

MONDAY

6.00am Scooby-Doo! Mystery Incorporated **6.30** Mr Bean: The Animated Series **7.00** Wabbit **7.30** Scooby-Doo! Spooky Games **8.00** The Tom & Jerry Show **9.00** **FILM** Tom and Jerry Blast Off to Mars! **10.30** Tom & Jerry **11.00** Wabbit **11.30** Mr Bean: The Animated Series **12.00noon** Oddbods **12.30pm** Tom and Jerry Tales **1.00** The Scooby-Doo Show **1.30** Bunnicula **2.00** The Looney Tunes Show **2.30** The Tom & Jerry Show **3.00** Scooby-Doo! Mystery Incorporated **3.30** Oddbods **4.00** Mr Bean: The Animated Series **4.30** Wabbit **5.00** **FILM** Chill Out, Scooby-Doo! **6.30** The Tom & Jerry Show **7.00** Scooby-Doo, Where Are You! **7.30** Wabbit **8.00** Mr Bean: The Animated Series **8.30** Oddbods **9.00** Chowder **10.00** LazyTown **11.00** The Garfield Show **12.00m't** LazyTown **12.50am** The Garfield Show **2.00** LazyTown **3.10** The Garfield Show **4.10** LazyTown **5.00-6.00am** The Garfield Show

TUESDAY As Mon except:

7.30-8.00am **FILM** Scooby-Doo! Knight Time Terror **9.00am** **FILM** Scooby-Doo and the Reluctant Werewolf **10.50-11.00am** Tom & Jerry **5.00-6.30pm** **FILM** Scooby-Doo and the Loch Ness Monster: Animated comedy mystery.

WEDNESDAY As Mon except:

7.30-8.00am **FILM** Scooby-Doo! And The Beach Beastie: Animated comedy. **9.00am** **FILM** Scooby Doo! The Mystery Begins **10.35** The Tom & Jerry Show **10.50-11.00am** Tom & Jerry **5.00pm** **FILM** Tom And Jerry's Giant Adventure **6.10** The Tom & Jerry Show **6.25** Tom & Jerry **6.45-7.00pm** The Tom & Jerry Show

THURSDAY As Mon except:

7.30-8.00am Scooby-Doo! Mecha Mutt Menace **9.00am** **FILM** Tom and Jerry: The Magic Ring **10.15** Tom & Jerry **10.45-11.00am** The Tom & Jerry Show **5.00-6.30pm** **FILM** Scooby-Doo and the Monster of Mexico: Animated adventure.

FRIDAY As Mon except:

7.30-8.00am **FILM** Scooby-Doo! Haunted Holidays: Animated adventure. **9.00am** **FILM** Scooby-Doo: Abracadabra-Doo **10.25** The Tom & Jerry Show **10.40-11.00am** Tom & Jerry **5.00-6.30pm** **FILM** Scooby Doo in Where's My Mummy?

+1 hour SKY 618 VIRGIN 731

DISNEY

SKY 609 HD 609/635 | VIRGIN 724

Kirby Buckets

SATURDAY

6.00am Austin & Ally **6.30** Good Luck Charlie **7.00** Liv & Maddie **7.30** Bunk'd **8.00** KC Undercover **8.30** Miraculous: Tales of Ladybug & Cat Noir **NEW EPISODE** **9.00** Descendants Wicked World **NEW EPISODE** **9.05** Best Friends Whenever **9.40** Stuck in the Middle **10.10** Bunk'd **10.40** KC Undercover **11.15** Liv & Maddie **11.45** KC Undercover **12.50pm** Sonny **1.20** That's So Raven **1.50** The Suite Life **2.25** Wizards of Waverly Place **2.55** Good Luck Charlie **3.25** Jessie **3.55** KC Undercover **5.00** Backstage **6.00** **FILM** Geek Charming **7.50** Access All Areas: Music **7.55** Austin & Ally **10.10** Violetta **11.00** Access All Areas: Music **11.00** Hannah Montana **11.25** Minnie's Fashion Challenge **11.30** Groove High **11.55pm-12.00m't** Mickey Mouse Clubhouse

SUNDAY As Saturday except:

9.05-10.40am **FILM** StarStruck **11.15-11.45am** Best Friends Whenever **6.00pm** **FILM** Cloud 9 **7.35** Access All Areas: Music **7.45** Mickey Mouse **7.55** Hannah Montana **8.25-10.10pm** Hannah Montana **11.55pm-12.00m't** Mickey Mouse

MONDAY

6.00am Sonny with a Chance **7.00** Girl Meets World **8.05** Descendants Wicked World **8.10** Bunk'd **9.10** Descendants Wicked World **9.15** Liv & Maddie **10.20** KC Undercover **11.25** Backstage **11.55** Descendants Wicked World **12.00noon** Good Luck Charlie **12.55pm** Backstage **2.50** Girl Meets World **3.20** Jessie **3.55** KC Undercover **4.25** Liv & Maddie **5.00** Bunk'd **5.30** Kirby Buckets **NEW EPISODE** **6.05** Lab Rats **6.35** Jessie **7.05** Sonny **7.35** That's So Raven **8.05** Austin & Ally: Comedy. **10.00** Violetta **NEW EPISODE** **10.45** Hannah Montana **11.35** Groove High **11.55pm-12.00m't** Mickey Mouse

TUESDAY As Mon except:

12.00noon Wizards of Waverly Place **12.55-2.50pm** Best Friends Whenever **8.05-10.00pm** Hannah Montana

WEDNESDAY As Mon except:

12.00noon Best Friends Whenever **12.55-2.50pm** Stuck in the Middle **8.05-10.00pm** Good Luck Charlie

THURSDAY As Mon except:

12.00noon Jessie **12.55-2.50pm** KC Undercover **8.05-10.00pm** Wizards of Waverly Place

FRIDAY As Mon except:

7.00am Girl Meets World **7.35-8.05am** Elena of Avalor **12.00noon** KC Undercover **12.55-2.50pm** Bunk'd **5.30pm** Best Friends Whenever **NEW EPISODE** **6.00-7.35** Your Favourite DCOMs **8.05-10.00pm** Liv & Maddie

+1 hour SKY 610 VIRGIN 725

DISNEY JUNIOR

SKY 611 HD 611/628 | VIRGIN 727

SATURDAY

6.00am Sofia the First **6.25** Minnie's Bow-Toons **6.30** Mickey Mouse Clubhouse **7.00** Curious George **7.30** Goldie & Bear **NEW EPISODE** **7.45** Captain Jake **8.00** PJ Masks **8.30** Miles from Tomorrow **9.00** Lion Guard **9.30** Sofia the First **10.00** Jake and the Neverland Pirates **11.00** Goldie & Bear **11.30** Lion Guard **12.00noon** Jake and the Neverland Pirates **12.15pm** Doc McStuffins **12.40** PJ Masks **1.00** Henry Hugglemonster **1.45** Captain Jake **2.00** Sofia the First **3.00** Lion Guard **3.30** PJ Masks **4.00** Curious George **4.30** Doc McStuffins **5.00** Sofia the First **5.30** Lion Guard **6.00** PJ Masks **6.15** Jake and the Neverland Pirates **6.30** Miles from Tomorrow **7.00** Sofia the First **7.55** Minnie's Bow-Toons **8.00** Doc McStuffins **8.25** Zou **9.00** Miles from Tomorrow **9.25** Henry Hugglemonster **9.55** Sofia the First **10.20** Zou **10.35** Doc McStuffins **11.05** Henry Hugglemonster **11.30** Jungle Junction **11.55pm-12.00m't** **FILM** Come and Get It

SUNDAY As Saturday except:

10.00-11.00am Mickey Mouse Clubhouse **7.00-7.55pm** Sofia the First: Once Upon a Princess

MONDAY

6.00am Mickey Mouse Clubhouse **6.30** Goldie & Bear **6.45** Doc McStuffins **7.00** Curious George **7.30** Lion Guard **8.00** PJ Masks **8.30** Miles from Tomorrow **8.55** Sofia the First **9.50** Lion Guard **10.20** PJ Masks **10.40** Captain Jake **11.00** Doc McStuffins **11.30** Miles from Tomorrow **12.00noon** Mickey Mouse Clubhouse **1.00pm** Curious George **1.30** Doc McStuffins **2.00** Goldie & Bear **2.15** Miles from Tomorrow **2.30** Sofia the First **3.00** Lion Guard **3.30** PJ Masks **3.45** Sheriff Callie's Wild West **4.00** Curious George **4.30** Doc McStuffins **5.00** Sofia the First **5.30** Lion Guard **6.00** Mickey Mouse Clubhouse **NEW EPISODE** **6.35** Miles from Tomorrow **7.00** Jake and the Neverland Pirates **7.55** Minnie's Bow-Toons **8.00** Sofia the First **8.30** Doc McStuffins **8.50** Goldie & Bear **9.15** Jake and the Neverland Pirates **9.30** Miles from Tomorrow **9.45** Henry Hugglemonster **10.00** The Hive **10.20** Zou **10.35** Doc McStuffins **11.05** Henry Hugglemonster **11.30** Jungle Junction **11.55pm-12.00m't** **FILM** Come and Get It

TUESDAY As Mon except:

11.00am Mickey Mouse Clubhouse **11.35** Miles from Tomorrow **12.00** **FILM** Lucky Duck **12.50-1.00pm** Wildlife Jack **6.00pm** PJ Masks **6.15** Jake and the Neverland Pirates **6.30** Miles from Tomorrow **7.00-7.55pm** **FILM** Lion Guard: Return of the Roar

WEDNESDAY As Mon except:

12.00noon-1.00pm **FILM** Lion Guard: Return of the Roar **6.00-7.00** As Tuesday **7.00-7.55pm** Sofia the First

THURSDAY As Mon except:

12.00noon-1.00pm Sofia the First: Once Upon a Princess **6.00-7.00** As Tuesday **7.00-8.00pm** Mickey Mouse Clubhouse

FRIDAY As Mon except:

12.00noon-1.00pm Sofia the First **6.00-7.00** As Tuesday **7.00-7.55pm** **FILM** The Lion Guard: Return of the Roar: *The Lion King* spin-off.

+1 hour SKY 612

DISNEY XD

SKY 622 HD 622/633 | VIRGIN 707

Atomic Puppet

SATURDAY

6.00am Gravity Falls **6.30** Atomic Puppet **7.00** Guardians of the Galaxy **NEW EPISODE** **7.30** Avengers Reassembled **8.00** Marvel's Avengers: Ultron Revolution **8.30** Ultimate Spider-Man v The Sinister 6 **9.00** Star Wars Rebels **9.30** Pickle and Peanut **12.00noon** Lab Rats Elite Force **12.30pm** Lab Rats **1.00** Gravity Falls **2.00** Supa Strikas **2.30** Phineas and Ferb **3.30** Star Wars: Droid Tales **4.00** Gravity Falls **5.00** Phineas and Ferb **5.15** Star vs the Forces of Evil **5.30** Pickle and Peanut **6.00** Marvel Avengers Assemble **6.30** Ultimate Spider-Man **7.00** Gamers Guide to Pretty Much Everything **8.00** Gravity Falls **10.25** Wander Over Yonder **10.50** Camp Lakebottom **11.15** Penn Zero: Part Time Hero **11.40** Rated A for Awesome **12.30am** Randy Cunningham: 9th Grade Ninja **12.50** Wander Over Yonder **1.15** Dude, That's My Ghost! **2.00** Kid vs Kat **2.45** Randy Cunningham: 9th Grade Ninja **3.35** Boyster **4.00** Pair of Kings **4.45-6.00am** Phineas and Ferb

SUNDAY As Saturday except:

7.30-8.00am Star Wars Freemaker Adventures

MONDAY

6.00am Gravity Falls **7.00** Phineas and Ferb **8.00** Gravity Falls **9.00** Phineas and Ferb **10.00** Atomic Puppet **12.00noon** How Ridiculous **12.05pm** Lab Rats **1.00** Gravity Falls **2.00** Supa Strikas **2.30** Phineas and Ferb **3.30** Atomic Puppet **NEW EPISODE** **3.45** Counterfeit Cat **4.00** Gravity Falls **5.00** Phineas and Ferb **5.15** Star vs the Forces of Evil **5.30** Pickle and Peanut **5.45** Phineas and Ferb **6.00** Marvel Avengers Assemble **6.30** Ultimate Spider-Man **7.00** Gamers Guide to Pretty Much Everything **8.00** Phineas and Ferb **10.25** Wander Over Yonder **NEW EPISODE** **10.50** Camp Lakebottom **11.15** Penn Zero: Part Time Hero **11.40** Rated A for Awesome **12.30am** Randy Cunningham: 9th Grade Ninja **12.50** Wander Over Yonder **1.15** Dude, That's My Ghost! **2.00** Kid vs Kat **2.45** Randy Cunningham: 9th Grade Ninja **3.35** Boyster **4.00** Pair of Kings **4.45-6.00am** Phineas and Ferb

TUESDAY As Mon except:

10.00am-12.00noon Gamers Guide to Pretty Much Everything

WEDNESDAY As Mon except:

10.00-12.00noon Wander Over Yonder

THURSDAY As Mon except:

10.00am-12.00noon Phineas and Ferb **4.00-5.00pm** Phineas and Ferb **6.30-7.00pm** Ultimate Spider-Man: Web Warriors

FRIDAY As Mon except:

10.00am-12.00noon Gravity Falls **3.30-4.00pm** Star Wars: Droid Tales **6.30-7.00pm** Ultimate Spider-Man: Web Warriors

+1 hour SKY 608 VIRGIN 708

Coming soon

FIRST LOOK

Danny John-Jules, Chris Barrie, Craig Charles and Robert Llewellyn

Red Dwarf

The gang return for an 11th series of the hit sci-fi comedy

Check out this smeg-tastic first shot from the long-awaited 11th series of the sci-fi comedy *Red Dwarf*, which will return to Dave in September.

The new six-part series of the cult show sees big developments for the hapless crew of the spaceship as they embark on some exciting new adventures.

Neurotic Rimmer (Chris Barrie) shocks everyone, and probably himself, by being promoted to an officer. Meanwhile, Lister (Craig Charles) becomes a victim of theft after a droid steals some of his body parts, mechanoid Kryten (Robert Llewellyn) contemplates pastures new following a mid-life crisis, and vain Cat (Danny John-Jules) falls in love, but what is his new girlfriend's secret? The gang also take a trip to an alternative America where modern technology is outlawed, leaving Rimmer and Kryten in big trouble.

Series 12, which has also been filmed, will air in 2017.

Lister, Kryten and Cat in action

IN PRODUCTION...

Making a Murderer

Netflix is working on a new run of the true crime documentary *Making a Murderer*. The first series followed the story of Steven Avery (right) who is serving life in prison for a 2005 murder.

The second series will see his new lawyer Kathleen Zellner tackle the case. 'The new episodes will reveal all of the new evidence we have developed to show Steven was framed,' says Zellner.

WHAT'S NEXT FOR...

Michelle Dockery

The former *Downton Abbey* actress will star alongside Jeff Daniels and Jack O'Connell in Steven Soderbergh's Western drama series **Godless**, which will air on Netflix in 2017.

Matt Forde

The comedian will host Dave's new political comedy **Unspun with Matt Forde**. The series, which will be recorded the day before transmission, will satirise the week's political highs and lows.

Les Misérables

An adaptation of Victor Hugo's novel about love, tragedy and revolution in 19th-century France will air on BBC1. Andrew Davies, who recently adapted *War and Peace*, will write the six-parter.

Coming back...

Daredevil will return to Netflix for a third series. Charlie Cox will reprise his role as blind lawyer Matt Murdock, who becomes the titular superhero as he fights crime in New York.

Next week On Sale Tuesday 9 August

Premier League

Jamie Vardy's Leicester City begin the defence of their title against Hull City on Sky Sports.

The Tick

Peter Serafinowicz fights evil as the comic-book character on Amazon Prime Video.

Olympics: Rio 2016

Team GB's Mo Farah defends his 10,000m title as athletics takes centre stage, live on BBC.

No Man Left Behind

The story of Chris Ryan's 1991 Gulf War mission, Bravo Two Zero, on National Geographic.

WORDS: CAREN CLARK. PHOTOS: PA, REX

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